

# PLEASANTON

COMMUNITY SERVICES ACTIVITIES GUIDE • SPRING 2015



**Pleasanton Community  
Services Update**

See page 3 for details

**Newly Updated  
City Website**

See outside back cover for details

**Big Draw & Rose  
Show Events**

See page 51 for details







*Senior Center*



*Alviso Adobe*



*LIT Program*



*Junior Lifeguard*

# MAKE A DIFFERENCE, **VOLUNTEER.**

The City of Pleasanton offers a variety of ways you can lend a helping hand to make a difference in your community. From becoming a junior lifeguard to serving lunch to seniors, there is an opportunity for everyone to share their time with others. No matter your age or level of experience, you too can make a positive impact on another person's life through your dedicated time. Give back, change lives, volunteer.

***For more information about becoming a volunteer,  
please call (925) 931-5340***



City of Pleasanton approves Parks & Recreation Master Plan, plans for future of Alviso Adobe

In June of 2014, the Pleasanton City Council unanimously approved and adopted the new Parks and Recreation Master Plan, a 200+ page comprehensive survey which evaluates the ever-changing needs of the rapidly expanding community, and outlines the future of Pleasanton’s parks, facilities and recreation programs. One of the recommendations from the Parks and Recreation Master Plan was to develop a strategic plan for enhancing programming at the Alviso Adobe Community Park. In order to accomplish this plan, the Pleasanton City Council approved the formation of a special task force on October 7, 2014. Since its inception the Task Force has met once, with two additional planned Task Force meetings. In October, a Pleasanton-wide opinion survey was conducted as a way of gaining valuable community feedback for short & long term goals for the Alviso Adobe. In November, two community meetings were held to further develop a mission, vision and strategic plan for the Alviso Adobe Community Park and the environmental education programs at large.

The Community Services Department is excited to continue to bring forward the remaining recommendations from the Parks and Recreation Master Plan in coming years. To find out more information about the Master Plan, visit <http://www.cityofpleasantonca.gov/civicax/filebank/blobdload.aspx?BlobID=24388>

Introducing STQRY, a new way to explore Pleasanton’s Public Art collection!

In addition to the current online archive, the City of Pleasanton is introducing a new platform that makes finding and exploring Pleasanton’s public art collection fun and exciting! STQRY is a new app for smartphones that allows users to find out further information about a public art piece simply by being in its proximity. Users of the new app will be able to find information about each piece of art’s history, its artist, as well as see additional pictures of the art. Download the app and start exploring today!



Enroll now: [www.pleasantonfun.com](http://www.pleasantonfun.com)

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Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Pleasanton Community Services Department encourages those with disabilities to participate in its programs. If you have special needs, and require accommodation, please call us at 931-5340.





# Facilities & Community Services Staff

## City Council

Jerry Thorne, Mayor  
Karla Brown • Kathy Narum  
Arne Olson • Jerry Pentin  
Nelson Fialho, City Manager  
**Meets 7:00pm, every 1st and 3rd  
Tuesday of the month**

## Parks & Recreation Commission

Sophia Brown • Brad Hottle  
David Lambert • Joseph Streng  
Deborah Wahl  
**Meets 7:00pm, every 2nd  
Thursday of the month**

*Additional City Commissions  
listed on page 48*

## SPRING REGISTRATION

### Priority Registration

**Online (Residents only)**  
Beginning at 8:00am on  
**Tuesday, January 6, 2015**

### Mail-In (Residents only)

Beginning at 8:00am on  
**Tuesday, January 13, 2015**  
*See page 46 for details.*

### Open Registration

**Walk-in & Non-Resident**  
Beginning at 8:00am on  
**Tuesday, January 20, 2015**  
*See page 46 for details.*



## 4 • General Information

## Community Services Facilities

### Community Services Main Office

200 Old Bernal Avenue, 931-5340

### Alviso Adobe Community Park

3465 Old Foothill Road, 931-3479

### Amador Recreation Center

4455 Black Avenue

### Amador Theater

1155 Santa Rita Road, 931-4850

### Cultural Arts Center

4477 Black Avenue

### Dolores Bengtson Aquatic Center

4455 Black Avenue, 931-3420

### Firehouse Arts Center

4444 Railroad Avenue, 931-4850

### Gingerbread Preschool

4333 Black Avenue, 931-3430

### Ken Mercer Sports Park Office

5800 Parkside Drive, 931-3437

### Nature House

519 Kottinger Drive

### Senior Center

5353 Sunol Blvd, 931-5365

### Tennis & Community Park

5801 Valley Avenue, 931-3449

### Veterans Memorial Building

301 Main Street

## City/School Gymnasiums

### Pleasanton Middle School

5001 Case Avenue

### Harvest Park Middle School

4900 Valley Avenue

### Thomas A. Hart Middle School

4433 Willow Road

## Off-site Activity Locations

### Crispim BJJ Barra Brothers

6668 Owens Drive, 1st Floor, Pleasanton

### Earl Anthony's Dublin Bowl

6750 Regional St., Dublin

### Healing Journey

3950 Valley Avenue, Ste. B, Pleasanton

### Jue's Taekwon-Do Studio

5460 Sunol Blvd., #8, Pleasanton

### NorCal Volleyball Facility

7069 Commerce Circle, Pleasanton

### Shape Up! Bootcamps Fitness

5757 Sonoma Dr., Suite C, Pleasanton

## Community Services Staff

### Administration

#### 200 Old Bernal, 931-5340

Susan Andrade-Wax, Community Services  
Director

Michele Crose, Community Services Manager  
Becky Hopkins, Community Services Manager  
Mark Spiller, Community Services Manager  
Mike Patrick, Management Analyst  
Dan Villaseñor, Recreation Supervisor  
Terry Snyder, Administrative Assistant  
Ania Pawlak, Office Assistant  
Sean Welch, Marketing Specialist

### Ken Mercer Sports Park

#### 5800 Parkside Drive, 931-3437

Joelle Glushenko, Recreation Supervisor  
Rachel Prater, Recreation Coordinator  
Nilo Velazquez, Senior Recreation Program  
Specialist

### Dolores Bengtson Aquatic Center

#### 4455 Black Avenue, 931-3420

Michelle Dunaway, Recreation Supervisor  
Kara Yost, Recreation Coordinator

### Senior Center

#### 5353 Sunol Blvd, 931-5365

Pam Deaton, Recreation Supervisor  
Raymond Figueroa, Recreation Coordinator  
Gloria Lewis, Senior Paratransit Driver  
Michele Tonowski, Lead Dispatcher

### Gingerbread Preschool

#### 4333 Black Avenue, 931-3430

Samu Tiimalu, Recreation Supervisor  
David Weisgerber, Recreation Coordinator

### Firehouse Arts Center

#### 4444 Railroad Avenue, 931-4848

Rob Vogt, Recreation Supervisor  
Mark Duncanson, Recreation Coordinator  
Bob Elliott, Theatre Technician  
Mike Roberts, Theatre Assistant  
Julie Finegan, Gallery Coordinator

### Alviso Adobe Community Park

#### 3465 Old Foothill Road, 931-3479

Eric Nicholas, City Naturalist

**City registration website:**  
**[www.pleasantonfun.com](http://www.pleasantonfun.com)**



**Like us on Facebook:**  
**Pleasanton Community  
Services**

**Phone: (925) 931-5340**

# FIREHOUSE

ARTS CENTER™

## JANUARY SHOWS



**Saturday, January 3 • 8 PM**  
**HAPPY BIRTHDAY ELVIS!**  
The "Early Elvis" Tribute Show with  
Jim Anderson & Rebels



**Friday, January 9 • 8 PM**  
**MARC COHN**  
Grammy-winner for "Walking in  
Memphis"

**Saturday, January 10 • 8 PM**  
**LARRY CORYELL**  
Guitar's Godfather of Fusion

**Friday, January 16 • 8 PM**  
**SONIC ESCAPE**  
Daredevils with Instruments



**Sunday, January 18 • 2 PM**  
**GOLDEN FOLLIES**  
A Sparking Las Vegas Style Revue!

For tickets and more visit [www.firehousearts.org](http://www.firehousearts.org)

## HARRINGTON GALLERY

### SPRING 2015

January 15 through February 21

**California Watercolor  
Association's 45th  
Anniversary Exhibit**

**Reception Thursday, January 15,  
6:00-8:00 pm**

March 7 through April 11

**Order and Chaos: An  
Abstract Art Exhibition**

**Reception Wednesday, March 11,  
7:00-9:00 pm**

#### HARRINGTON GALLERY

in the Firehouse Arts Center  
4444 Railroad Avenue

#### HARRINGTON GALLERY HOURS:

Wednesday-Friday Noon-5:00pm,  
Saturday 11:00am-3:00pm.

Open one hour before most theater  
performances and during Intermission.

Website: [www.firehousearts.org](http://www.firehousearts.org) • (925) 931-4849

May 2 through June 6

**Fresh Works V Open  
Juried Exhibition**

**Reception Saturday May 2,  
1-3:00 pm**

Deadline for entries: Wednesday,  
March 18. This year's juror is Philip  
Linhares, retired former Chief  
Curator of Art at Oakland Museum  
of California.



**2013 Fresh Works Award  
Winner, Marilyn Hill,  
Farm Factory Goddess**

**Presented by Creatures of Impulse**

## *Tri-Valley High: Intergalactic*

**A totally improvised teen sci-fi musical!**

Climb aboard as Creatures  
of Impulse takes teen improv out  
of this world! Your suggestions will  
inspire a teen sci-fi musical each night.  
They don't know what, when, or how  
they will sing throughout the night...  
but they will! Come and see all  
**three nights —guaranteed to  
send you into outer space!**

**May 7-9 » 7:30pm**

Director: Mark Duncanson  
Firehouse Arts Center

Tickets: General \$10 | Students \$5 [www.firehousearts.org](http://www.firehousearts.org)



# Preschool Age – The Arts

Ages 4–6

## ART WITH DEBBIE WARDROBE

A \$15 supply fee is due at the time of registration.

### Art Stars

We will be learning about and exploring the work of some contemporary artists who have rocked the art world and creating our own creative masterpieces in their style. We'll draw, paint and sculpt while discovering the work of people like Janet Fish, Henry Moore and many others. Kids will learn basic art elements as well. Both fun and educational!

Firehouse Arts Center | Instructor: Debbie Wardrobe

4 classes   \$85R/\$94N			
58788	W	3/4-3/25	1:30-2:30pm

### Get Into Art: Animals

We'll be looking at famous works of art that include animals such as owls, dogs, cats, elephants and much more as inspiration for our own creative masterpieces. Students will be learning how to create texture and emotion and how to use color and patterns to make some great works of art featuring animals we love.

Firehouse Arts Center | Instructor: Debbie Wardrobe

4 classes   \$85R/\$94N			
58770	W	2/4-2/25	1:30-2:30pm

### Get Into Art: Ocean Commotion

From lighthouses and sailboats to seashells, octopuses, whales, jellyfishes and more, students will use tempera, watercolors, black glue and pastels to create awesome ocean-inspired works of art.

Firehouse Arts Center | Instructor: Debbie Wardrobe

4 classes   \$85R/\$94N			
58771	W	5/6-5/27	1:30-2:30pm

### Splish, Splash, Splatter!

We'll be exploring a variety of art techniques using watercolor and tempera as well as dry painting mediums such as pastel. Kids will learn color mixing skills, how values create 3-D effects on a 2-D surface, how to blend and create texture and much more.

Firehouse Arts Center | Instructor: Debbie Wardrobe

4 classes   \$85R/\$94N			
58791	W	4/8-4/29	1:30-2:30pm

Ages 4–6

## Play 'N Clay

Fun, hands-on for the little ones! We will make pinch pots, coiled pots, and hand and feet prints! All pieces will be fired and glazed in colors your child chooses. A \$25 supply fee is due at the time of registration.

Cultural Arts Center | Instructor: Erin Davis

6 classes   \$98R/\$108N			
58775	W	1/21-2/25	10:30-11:30am
58778	W	1/21-2/25	12:30-1:30pm
58777	W	4/22-5/27	10:30-11:30am
6 classes   \$98R/\$108N			
58776	W	3/4-4/15*	10:30-11:30am
58779	W	3/4-4/15*	12:30-1:30pm
58780	W	4/22-5/27	12:30-1:30pm

\*No class 4/1

Ages 5-11

## YOUNG @ ART

Students visit the Harrington Gallery to learn about each exhibit, then create an art piece themselves in the studio upstairs. Each session will have a different focus. Elements such as technique, medium, composition and subject matter are explored. Each session is one class.

### Young @ HeArts

A visit to a national watercolor painting exhibit in the Harrington Gallery, then off to the studio to make some watercolor hearts in celebration of Valentine's month

1 class   \$15R/\$20N			
58295	Th	2/5	4:30-5:45pm

### Abstract Fun

Students will view a colorful abstract painting exhibit and then make one or two of their own in the studio.

1 class   \$15R/\$20N			
59263	Th	3/19	4:30-5:45pm

### Young Artists' Choice

Participants will look at the great variety of works in the annual juried exhibition, discuss their favorites and why, then create artwork using their own favorite subjects in the Reznick Studio.

1 class   \$15R/\$20N			
59264	Th	5/14	4:30-5:45

Ages 4–6

## Young Rembrandts FUNDamental Drawing

As we learn to draw with our step-by-step method, children develop observation skills, increase their fine motor skills, handwriting readiness and attention to details. We use subjects your child is familiar with such as animals and toys, pictures, and stories to engage your child's imagination.

Cultural Arts Center | Instructor: Young Rembrandts Staff

8 classes   \$120R/\$132N			
58768	W	2/4-3/25	3:00-4:00pm
58769	W	4/1-5/20	3:00-4:00pm

# Exercise & Wellness

Ages 3–5

## Taekwon-Do—Little Ninjas

Our program focuses on teaching life skills through taekwon-do. Your child will develop lifelong skills, such as courtesy, integrity & self-control. We work towards building health and fitness awareness in a fun and challenging environment.

Jue's Taekwon-Do Studio | Instructor: Gordon Jue

16 classes   \$160R/\$176N			
58773	Tu	2/3-5/26*	10:30-11:00am
58774	W	2/4-5/27*	1:30-2:00pm

\*No class 3/31, 4/1

Ages 3–7

## Bumper Bowling

Guaranteed success for all bowlers! Weekly awards and lots of fun. Learn the basics about bowling. Every bowler earns a trophy at the end-of-session party. One game per week. Parent supervision is required. A \$10 supply fee is due at the time of registration.

Dublin Bowl | Instructor: Dublin Bowl Staff

8 classes   \$85R/\$94N			
58838	Th	2/5-3/26	11:30am-12:30pm
58839	Th	2/5-3/26	1:30-2:30pm



# Sports

## KIDZ LOVE SOCCER

Kidz Love Soccer provides soccer classes and camps instilling an exuberant, skillful, confidence in the young athlete. A typical session experience includes age-appropriate activities: skill demonstrations, fun games, and instructional scrimmages always conducted in a non-competitive, recreational format.

**All participants receive KLS jersey.**

**Ages 2-3.5**

### Mommy/Daddy & Me Soccer

The fun happens on the field, so don't just watch from the sidelines! Join in as we introduce your toddler to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills.

Ken Mercer Sports Park Skate Park Turf Area

Instructor: Kidz Love Soccer Staff

9 classes   \$120R/\$132N			
59165	Tu	4/7-6/2	11:15-11:45am
59166	Sa	4/11-6/13*	10:30-11:00am
59167	Sa	4/11-6/13*	11:05-11:35am

\*No class 5/23

**Ages 3.5-4**

### Tot Soccer

Little tykes enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting.

Ken Mercer Sports Park Skate Park Turf Area

Instructor: Kidz Love Soccer Staff

9 classes   \$120R/\$132N			
59168	Tu	4/7-6/2	10:35-11:05am
59169	Tu	4/7-6/2	5:50-6:20pm
59170	F	4/10-6/5	9:30-10:00am
59171	F	4/10-6/5	5:45-6:15pm
59172	Sa	4/11-6/13*	9:00-9:30am

\*No class 5/23



**Ages 4-5**

### Pre Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment. Shin guards are required after the first meeting.

Ken Mercer Sports Park Skate Park Turf Area

Instructor: Kidz Love Soccer Staff

9 classes   \$120R/\$132N			
59173	Tu	4/7-6/2	10:00-10:35am
59174	Tu	4/7-6/2	5:15-5:50pm
59175	F	4/10-6/5	10:00-10:35am
59176	F	4/10-6/5	5:10-5:45pm
59177	Sa	4/11-6/13*	9:30-10:05am
59178	Sa	4/11-6/13*	10:05-10:40am

\*No class 5/23

**Ages 5-6**

### Level 1—Techniques & Teamwork

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

Ken Mercer Sports Park Skate Park Turf Area

Instructor: Kidz Love Soccer Staff

9 classes   \$120R/\$132N			
59179	Tu	4/7-6/2	3:45-4:30pm
59180	F	4/10-6/5	3:40-4:25pm
59183	Sa	4/11-6/13*	10:40-11:25am

\*No class 5/23



**Ages 3-5**

### Lil Baseball

Participants will learn elementary skills and the direction of the game in this exciting new program. Each class includes skill building in throwing, hitting, fielding, and base running. We ensure safety with age-appropriate equipment designed for your child's motor skills.

Harvest Park Middle School Tball Field (Northway & Valley)

Instructor: Pitching Center

7 classes   \$119R/\$131N			
59151	Tu	2/3-3/17	4:00-4:50pm
8 classes   \$136R/\$150N			
59153	Tu	4/7-5/26	4:00-4:50pm
59154	Tu	4/7-5/26	5:00-5:50pm
59156	W	4/8-5/27	4:00-4:50pm
59157	W	4/8-5/27	5:00-5:50pm
59159	Th	4/9-5/28	4:00-4:50pm
59160	Th	4/9-5/28	5:00-5:50pm



**Ages 2-3.5**

### Brazilian Jiu-Jitsu

This class incorporates self-defense techniques, ground work, and conditioning, which may help in improving your child's coordination, strength and agility.

Crispim BJJ Studio | Instructor: Crispim De Almeida

12 classes   \$145R/\$160N			
59283	Tu/Th	2/3-3/12	5:15-6:15pm
59284	Tu/Th	4/7-5/14	5:15-6:15pm

# Sports



## WEE HOOP BASKETBALL

Wee Hoop introduces your child to the sport of basketball in a safe, fun, and age-appropriate environment.

**Ages 18M–36M**

### Wee Hoop Hoopsters

This parent-interactive class develops gross motor skills and coordination. Repetition enables children to build confidence. Organized games develop skills for listening and following directions. Participants are required to bring a size 3 ball.

NorCal Volleyball Facility | Instructor: Wee Hoop Staff

9 classes   \$110R/\$121N			
<b>59096</b>	Th	2/26-4/30*	9:30-10:05am

\*No class 4/2

Thomas Hart Middle School | Instructor: Wee Hoop Staff

9 classes   \$110R/\$121N			
<b>59098</b>	W	3/18-5/20*	5:30-6:05pm
<b>59081</b>	Sa	4/11-6/6	9:00-9:35am

\*No class 4/1

**Ages 3–4**

### Wee Hoop Jump Shooters

Children will develop physical skills such as balancing on 1 foot and hopping. The class introduces basketball skills based upon increased coordination. Parents are encouraged to take a supportive role from the sideline. Participants are required to bring a size 3 ball.

Thomas Hart Middle School | Instructor: Wee Hoop Staff

9 classes   \$110R/\$121N			
<b>59106</b>	Sa	4/11-6/6	9:40-10:20am

NorCal Volleyball Facility | Instructor: Wee Hoop Staff

9 classes   \$110R/\$121N			
<b>59102</b>	Th	2/26-4/30*	10:10-10:50am

\*No class 4/2

**Ages 4–5**

### Wee Hoop Hot Shots

Emphasis is placed on developing basketball skills and learning basic rules of the game. Activities will encourage teamwork and meeting new friends. Participants are required to bring a size 3 ball.

NorCal Volleyball Facility | Instructor: Wee Hoop Staff

9 classes   \$110R/\$121N			
<b>59135</b>	Th	2/26-4/30	10:55-11:40am

\*No class 4/2

Thomas Hart Middle School | Instructor: Wee Hoop Staff

9 classes   \$110R/\$121N			
<b>59104</b>	W	3/18-5/20*	6:10-6:55pm
<b>59136</b>	Sa	4/11-6/6	10:25-11:10am

\*No class 4/1

**Ages 5–6**

### Wee Hoop Ballers

This class introduces team dynamics and incorporates game play in a fun, learning environment. Participants are required to bring a 27.5 ball.

Thomas Hart Middle School | Instructor: Wee Hoop Staff

9 classes   \$115R/\$127N			
<b>59143</b>	Sa	4/11-6/6	11:15am-12:15pm

## SPRING BREAK CAMP

**Ages 3–7**

### Skyhawks Mini-Hawk Camp

This baseball, basketball, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Thomas Hart Middle School Fields | Instructor: Skyhawks

5 classes   \$169R/\$186N			
<b>59213</b>	M-F	3/30-4/3	9:00am-Noon

**Ages 3–7**

### Skyhawks Mini-Hawk Clinics

This baseball, basketball, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Harvest Park Middle School Gym | Instructor: Skyhawks

6 classes   \$79R/\$87N			
<b>59211</b>	Sa	3/14-4/18	9:00-9:50am
<b>59212</b>	Sa	3/14-4/18	10:00-10:50am

SEE SKYHAWKS SOFTBALL CAMP  
FOR KIDS AGES 4-12 ON PAGE 12

# Special Interest

## MAD SCIENCE OF MT. DIABLO

**Ages 3.5–5.5**

### Mini Engineers!

Uncover the science secrets behind the magic of magnets, create amazing color potions, have a blast with the awesome power of air, and travel to space to find out more about the planets and why the stars twinkle!

Cultural Arts Center | Instructor: Kate Merlone

6 classes   \$127R/\$140N			
<b>58865</b>	Tu	4/21-5/26	10:45-11:00am

**Ages 3.5–5.5**

### People Science

Children discover all about the human body, like the skeleton, muscles and the heart! Explore our amazing sense of taste, smell, hearing, sight and touch! Each day includes a fantastic take home project.

Cultural Arts Center | Instructor: Kate Merlone

6 classes   \$127R/\$140N			
<b>58864</b>	Tu	2/3-3/10	10:45-11:00am



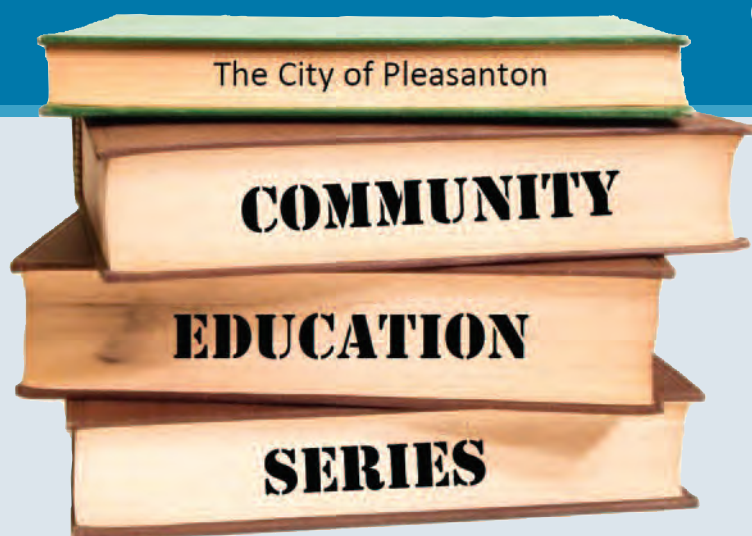
**Like us on Facebook:**  
**Pleasanton Community Services**





4333 Black Avenue • [www.gingerbreadpreschool.org](http://www.gingerbreadpreschool.org) • (925) 931-3430

Gingerbread Preschool has over a 40-year history in the Pleasanton community. The School Year program is a part-time, recreation program and provides children an opportunity to experience a classroom setting prior to kindergarten. Gingerbread Preschool offers programs for children ages 2-5 years old (students must be of age on or before December 2, 2014). To arrange a tour or for more information about classes, please call Gingerbread Preschool at (925) 931-3430.



## Community Education Series

### WINTER SCHEDULE

#### **Real Friends vs. The Other Kind**

Presented by Author, Annie Fox, M.Ed  
**01.21.15** 4:00-5:00pm Course #59290

#### **Progressive Parenting for the 21st Century**

Presented by Author, Annie Fox, M.Ed  
**01.21.15** 7:00-8:30pm Course # 59291

#### **Understanding Your Child's Learning Style**

Presented by Mechele Pruitt, BA  
**02.18.15** 7:00-8:30pm Course # 59292

#### **Building Resilience for Lifelong Success**

Presented by Rachel Sklar, MSW  
**03.04.15** 7:00-8:30pm Course # 59293

FREE Registration at [pleasantonfun.com](http://pleasantonfun.com)  
Public Library—400 Old Bernal Road

For more information, please call 925-931-5359 or visit [ptownlife.org](http://ptownlife.org)

# School Age Children – The Arts

## About Debbie Wardrobe

www.debbiewardrobe.com—Debbie Wardrobe is a Pleasanton resident who has a passion for art and painting. Her art has been recognized with many awards, and she's a signature member of the Pastel Society of the West Coast. Debbie's primary medium is pastel, but she also paints in oils and acrylics.

Ages 5–8

### Princess P-ART-Y for Girls

Love princesses, castles and unicorns? We'll be creating all kinds of princess-y art including a glittery framed tiara, a beautiful unicorn, a 3-D princess castle and even a dress, crown and glass slipper canvas! Come join the Princess P-ART-y! A \$15 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrobe

4 classes   \$85R/\$94N			
58898	Tu	2/3-2/24	3:45-5:00pm

Ages 6–10

### Ready, Set, DRAW!

In this class, students will learn some basic tools to help them create drawings in a variety of media, including charcoal, pencils and pastels. Students will learn observational skills, and how to create a good drawing with proper negative space, proportion and scale. A \$15 supply fee is due at time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrobe

4 classes   \$85R/\$94N			
58909	Tu	5/5-5/26	3:45-5:00pm



Ages 5–10

### FRIDAY FUN WITH ART!

#### Fun with Food!

Students will make a faux sundae out of paint, glue, and clay, as well as designing a framed cupcake collage using watercolor, torn paper and more! Come have some creative fun with food! A \$10 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrobe

1 class   \$25R/\$28N			
58904	F	2/27	3:45-5:30pm

#### Easter Art

Come and paint Easter bunnies on canvas, design a giant patterned Easter egg and make a puffy paint peeps chick! You'll love displaying your creative Easter masterpieces. A \$10 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrobe

1 class   \$25R/\$28N			
58903	F	3/20	3:45-5:30pm

#### Spring into Art!

Students will create a bird nest collage, a beautiful recycled flower art piece, and a Spring garland to hang on your door. Let's celebrate spring with art! A \$10 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrobe

1 class   \$25R/\$28N			
58905	F	4/10	3:45-5:30pm

#### Fairies!

If you love fairies, come join us as we make a 3-D fairy, fairy house and garden. We'll use paint, clay, clothespins, crafts sticks and paper to make these adorable fairy displays. A \$10 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrobe

1 class   \$25R/\$28N			
58906	F	5/8	3:45-5:00pm

#### Monster-pieces!

Design your own fun and crazy monster-pieces! Come join the fun as we create softy monsters out of gloves, paint a monster on canvas and sculpt one out of air dry clay. A \$10 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrobe

1 class   \$25R/\$28N			
58907	F	5/29	3:45-5:30pm

Ages 6–10

### GET INTO ART SERIES

#### Animals

Love to draw and paint animals? Many artists do, and we'll be looking at famous work of art that include animals such as dogs, cats, owls and much more as inspiration for our own creative masterpieces. A \$15 supply fee due at time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrobe

4 classes   \$85R/\$94N			
58897	W	2/4-2/25	3:45-5:00pm

#### Art Stars

Come and meet some stars of art! We'll be learning about and exploring the work of some contemporary artists who have rocked the art world and creating our own creative masterpieces in their style. Students will learn basic art elements in a fun and educational environment! A \$15 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrobe

4 classes   \$85R/\$94N			
58908	W	3/4-3/25	3:45-5:00pm

#### Splish, Splash, Splatter!

Paint can be used in many ways and we'll be exploring a variety of art techniques using watercolor and tempera as well as dry painting mediums such as pastel. Kids will learn color mixing skills, how values create 3-D effects on a 2-D surface, how to blend and create texture and much more. We'll also be trying out more experimental techniques including bubble, blow, and splatter painting. A \$15 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrobe

4 classes   \$85R/\$94N			
58910	W	4/8-4/29	3:45-5:00pm

#### Ocean Commotion

The ocean is a rich resource for artists of all ages, and will be our inspiration for the fun and creative projects we make! We'll use tempera, watercolors and more to create awesome ocean-inspired works of art. A \$15 supply fee due at time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrobe

4 classes   \$85R/\$94N			
58911	W	5/6-5/27	3:45-5:00pm



# The Arts

Ages 6-12

## Ceramics

All skill levels are welcome. Projects will include pinch pot, coil pot, slab work and sculpture. All materials used are lead-free and non-toxic. A \$25 supply fee is due at the time of registration.

Cultural Arts Center | Instructor: Erin Davis

Ages 6-8

6 classes   \$98R/\$108N				
58781	W	1/21-2/25	4:00-5:00pm	
58782	W	3/4-4/15*	4:00-5:00pm	
58783	W	4/22-5/27	4:00-5:00pm	

Ages 9-12

6 classes   \$98R/\$108N				
58784	W	1/21-2/25	5:30-6:30pm	
58785	W	3/4-4/15*	5:30-6:30pm	
58786	W	4/22-5/27	5:30-6:30pm	

\*No class 4/1



## SPRING BREAK CAMP

Ages 6-12

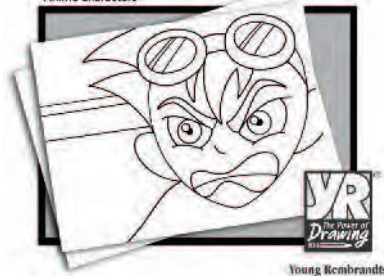
### Clay Camp!

Looking for something fun, creative and messy to do over spring break? Come join the fun at the pottery studio! Students will create several unique projects while learning basic clay/hand building skills. Each student will be able to create a pot on the potter's wheel. A \$30 supply fee due at time of registration.

Cultural Arts Center | Instructor: Erin Davis

5 classes   \$120R/\$132N				
58841	M-F	3/30-4/3	10:30am-Noon	
58842	M-F	3/30-4/3	12:30-2:00pm	
58843	M-F	3/30-4/3	4:30-6:00pm	
58844	M-F	3/30-4/3	6:30-8:00pm	

"Anime Characters"



Ages 6-12

## YOUNG REMBRANDTS

### Anime & Manga Drawing Workshop

Our students will create dazzling illustrations that are influenced by popular Japanese anime & manga themes. We will use a variety of facial expressions, actions and movements to illustrate our scenes. Colorful characters with expressive personalities jump off the page! A \$15 supply fee is due at the time of registration. Cultural Arts Center | Instructor: Young Rembrandts Staff

8 classes   \$120R/\$132N				
58879	W	2/4-3/25	4:00-5:00pm	

## SPRING BREAK CAMP

5 classes   \$125R/\$138N				
58880	M-F	3/30-4/3	1:00-3:00pm	

## SPRING BREAK CAMP

### Animals of Africa Pastel

Our students will learn about some of Africa's most majestic animals as they illustrate them using pastel chalks. A patterned antelope, a stylized zebra and a regal lion are a few of the animals to be explored! Please wear an old shirt or smock to class. A \$15 supply fee is due at the time of registration.

Cultural Arts Center | Instructor: Young Rembrandts Staff

5 classes   \$125R/\$138N				
58881	M-F	3/30-4/3	10:30am-12:30pm	

Ages 8-12

## Beginning Guitar

Come learn cool songs and riffs using chords, tabs and notes. Develop a fun skill that will not only expand your brain but also help you make friends and channel your energy. Bring your own guitar. A \$10 supply fee due at the time of registration.

Nature House | Instructor: Debra Knox

6 classes   \$189R/\$208N				
58884	M	2/2-3/9	6:00-6:55pm	
58885	M	3/23-4/27	6:00-6:55pm	

## CIVIC ARTS STAGE COMPANY CLASSES

CIVIC ARTS  
STAGE  
COMPANY

Ages 5-6

### Little Performers

Have you ever wanted to be on stage? Journey to the jungle in Disney's *Jungle Book Kids* and join the young performers for a final production. Learn basic performance techniques with an emphasis on theatre games and specific songs and dances that will be performed on Tuesday 6/2 or Thursday 6/4 at 7:00pm.

Veterans Memorial Building | Instructor: Bay Area Children's Theatre

13 classes   \$160R/\$176N				
59188	Tu	3/3-6/2*	3:30-4:15pm	
59191	Th	3/5-6/4*	3:30-4:15pm	

\*No class 3/31, 4/2

Ages 7-11

### Young Performers

The jungle is jumpin' with jazz in Disney's *Jungle Book Kids*, adapted from the classic film. This musical includes all your favorite Disney tunes, like "The Bare Necessities" and "I Wan'na Be Like You." Skill building, stage confidence, and focus on the ensemble will be emphasized. Join us in this performance-based program as we prepare for final performances on Tuesday 6/2 or Thursday 6/4 at 7:00pm. Veterans Memorial Building | Instructor: Bay Area Children's Theatre

13 classes   \$250R/\$275N				
59189	Tu	3/3-6/2*	4:30-6:00pm	
59192	Th	3/5-6/4*	4:30-6:00pm	

\*No class 3/31, 4/2



5th Graders, Age 9-11

### Middle School Madness

Participants in this workshop will engage in fun improv activities and discussions designed to connect them with their peers and help them gain the knowledge and confidence necessary to have a great upcoming first year in middle school. No performance experience is required. Firehouse Arts Center | Instructor: Mark Duncanson

1 class   \$27R/\$30N				
59190	W	5/20	4:00-7:00pm	

# Sports

Ages 9–13

## Kids Shape Up!

Young athletes learn skills and drills to promote overall fitness and improve athletic conditioning. Perfect for off-season training and as a standalone program.

Shape Up! Fitness | Instructor: Chris Maloney

8 classes   \$120R/\$132N				
58998	Tu/Th	2/3-2/26	4:30-5:30pm	
58999	Tu/Th	3/3-3/26	4:30-5:30pm	
59000	Tu/Th	4/7-4/30	4:30-5:30pm	
59001	Tu/Th	5/5-5/28	4:30-5:30pm	



Ages 7–10

## Kidz Love Soccer Soccer 2—Skillz & Scrimmages

Participants will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game! All participants receive a KLS jersey! Shin guards are required after the first meeting.  
Ken Mercer Sports Park Skate Park Turf Area  
Instructor: Kidz Love Soccer Staff



9 classes   \$120R/\$132N				
59184	Tu	4/7-6/2	4:30-5:15pm	
59185	F	4/10-6/5	4:25-5:10pm	
59186	Sa	4/11-6/13*	11:25am-12:10pm	

\*No class 5/23



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Pleasanton Community  
Services

## SKYHAWKS SPORTS

Ages 6–12

### Skyhawks Basketball Clinics

This fun, skill-intensive program is designed for beginning to intermediate players. Our basketball staff will also focus on respect, teamwork, and responsibility.

Harvest Park Middle School Gym | Instructor: Skyhawks

6 classes   \$79R/\$87N				
59219	Sa	3/14-4/18	9:00-9:50am	
59220	Sa	3/14-4/18	10:00-10:50am	

### SPRING BREAK CAMP

Ages 6–12

### Skyhawks Flag Football Camp

Campers learn skills on both sides of the football including the core components of passing, catching, and defense, all in a fun and positive environment. The week ends with the Skyhawks Super Bowl!

Thomas Hart Middle School Fields | Instructor: Skyhawks

5 classes   \$169R/\$186N				
59215	M-F	3/30-4/3	9:00am-Noon	

### SPRING BREAK CAMP

Ages 6–12

### Skyhawks Multi-Sport Camp

In this multi-sport camp we combine dodgeball, kickball, and capture the flag into one fun-filled week. Athletes will learn the rules and essentials of each sport along with vital life lessons such as respect and teamwork.

Thomas Hart Middle School Fields | Instructor: Skyhawks

5 classes   \$169R/\$186N				
59214	M-F	3/30-4/3	9:00am-Noon	

### SPRING BREAK CAMP

Ages 4–12

### Skyhawks Softball Camp

Campers will learn the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork, and responsibility.

Thomas Hart Middle School Fields | Instructor: Skyhawks

5 classes   \$169R/\$186N				
59216	M-F	3/30-4/3	9:00am-Noon	

## SPRING BREAK CAMP

Ages 6–13

### Championship Basketball Camp

This camp is for players of all skill levels and emphasizes fundamental skills such as ball handling, passing, dribbling, footwork, shooting, rebounding, and defense. Importance is placed on teamwork, discipline, sportsmanship, and enjoyment of the game. Instruction is provided by Dougherty High School Boys Varsity basketball coach.

Thomas Hart Middle School Gym | Instructor: Mike Hansen

5 classes   \$225R/\$248N				
59080	M-F	3/30-4/3	9:00am-2:00pm	

Ages 8–11

### CLUB VIP VOLLEYBALL

## SPRING BREAK CAMP

### Beginner Volleyball Camp

This camp is designed to establish fundamental skills through drills that introduce players to setting, spiking, hitting, and serving.

Harvest Park Middle School Gym | Instructor: Ted Babu

4 classes   \$120R/\$132N				
59197	M-Th	3/30-4/2	12:00-3:00pm	

### Beginner Volleyball

The intent of this class is to work with interested players and teach them the basics of volleyball. Participants will learn how to pass, set, serve and spike in a fun atmosphere.

Pleasanton Middle School Gym | Instructor: Ted Babu

4 classes   \$55R/\$61N				
59193	M	2/2-3/2*	5:30-6:30pm	

Harvest Park Middle School Gym | Instructor: Ted Babu

4 classes   \$55R/\$61N				
59194	M	3/9-4/6*	5:30-6:30pm	
59195	M	4/13-5/4	5:30-6:30pm	
59196	M	5/11-6/1	5:30-6:30pm	

\*No class 2/16, 3/30





# Special Interest

Ages 6–16

## Albany Karate for Kids

Black-Belt Instructor Sensei Dara Connolly leads students as they receive one-on-one instruction in Tae Kwon Do, Japanese weapons, and practical Self-Defense, and develop self-confidence and skill. New students are always welcome and beginners may start anytime.

Cultural Arts Center | Instructor: Kurukula Staff

<b>17 classes   \$247R/\$272N</b>				
<b>59002</b>	F	2/6-5/29*	4:15-5:15pm	

\*No class 4/3



Ages 6–12

## Berkeley Chess School

Chess is fun and easy to learn! If you are new to chess or polishing your skills, come develop your understanding and enjoyment of the king of games! Lessons and play combine the skills of thinking with the thrill of sport. Berkeley Chess School has been teaching State Chess Champions since 1982.

Veterans Memorial Bldg | Instructor: Berkeley Chess School

<b>11 classes   \$198R/\$218N</b>				
<b>58886</b>	W	3/11-5/27*	3:30-4:30pm	

\*No class 4/1

Ages 6–15

## Break-Dance & Hip Hop

Come join the fun and learn the latest break dance and hip hop moves like spins & power freezes. Students will learn to count music and dance a choreographed routine, all while developing their own style. Age-appropriate music is carefully selected from current hits. Students should bring knee pads, hat/beanie and elbow pads.

Amador Recreation Center | Instructor: Kenyatta Ali

<b>7 classes   \$140R/\$154N</b>				
<b>58792</b>	F	2/6-3/27*	4:00-5:00pm	
<b>58793</b>	F	2/6-3/27*	5:00-6:00pm	

\*No class 2/27

<b>8 classes   \$160R/\$176N</b>				
<b>58794</b>	F	4/10-5/29	4:00-5:00pm	
<b>58795</b>	F	4/10-5/29	5:00-6:00pm	

Ages 6–10

## NASA: Journey into Space

Join us for a voyage through the solar system and out into the stars! Students will investigate the life cycles of stars and planets, create galaxies out of bubbles, make a model comet, and learn about other space phenomenon we can spot in the night sky!

Nature House | Instructor: Kate Merlone

<b>8 classes   \$165R/\$182N</b>				
<b>58882</b>	W	2/4-3/25	4:00-5:00pm	

Ages 6–10

## Crazy Chemistry

Learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. Create slime and then enter it into the Slime Olympics! See metal melt in boiling water and water freeze in a matter of seconds!

Nature House | Instructor: Kate Merlone

<b>8 classes   \$165R/\$182N</b>				
<b>58883</b>	W	4/22-6/10	4:00-5:00pm	

## SPRING BREAK CAMP

Ages 8–13

### Engineering Success

Students will explore an area of engineering, then design and build a machine to apply and experiment with the concepts of engineering. Young engineers will be exposed to bridges in civil engineering, gliders in aerospace engineering, air-powered vehicles in mechanical engineering, a magnetic levitation train in green engineering and robotics. *A \$50 supply fee is due at the time of registration.*

Nature House | Instructor: Minerva Learning Staff

<b>5 classes   \$260R/\$286N</b>				
<b>58918</b>	M-F	3/30-4/3	1:15-4:15pm	

## SPRING BREAK CAMP

Ages 8–13

### S.T.E.A.M.

Using simple electromechanical devices combined with creative juices, kids will explore Life, Physical & Earth sciences, Space, Robotics, Electronics & more. From animating butterfly migrations, to building and operating drawing robots, this camp covers a wide range of S.T.E.A.M. topics in fun-filled, hands-on activity based projects. *A \$50 supply fee due at the time of registration.*

Nature House | Instructor: Minerva Learning Staff

<b>5 classes   \$280R/\$308N</b>				
<b>58917</b>	M-F	3/30-4/3	9:00am-Noon	

## PUBLIC SPEAKING & DEBATES

Visit [www.bayareadebateclub.com](http://www.bayareadebateclub.com) for more information.

Ages 10–14

### Debates

Students learn how to make strong arguments, rebuttals, and practice note taking. This course helps build reasoning and critical thinking skills. Participants debate on a variety of age-appropriate topics.

Amador Recreation Center | Instructor: Bay Area Debate Club Staff

<b>8 classes   \$160R/\$176N</b>				
<b>58875</b>	W	2/4-3/25	5:30-6:30pm	

Ages 10–14

### Advanced Debates

This class teaches various debate formats, styles of organization, rebuttals, refutation and logical fallacies. They learn how to write full-length constructive and refutation speeches for various debate layouts.

Amador Recreation Center | Instructor: Bay Area Debate Club Staff

<b>8 classes   \$160R/\$176N</b>				
<b>58877</b>	W	4/8-5/27	5:30-6:30pm	

Ages 6–9

### Intro to Speech Writing

Students learn how to write a good speech in six easy steps. They learn the importance of writing like they talk, making it personal, and creating interesting openings and memorable finishes. Students will also learn how to better structure their thoughts and express them with confidence.

Amador Recreation Center | Instructor: Bay Area Debate Club Staff

<b>8 classes   \$160R/\$176N</b>				
<b>58878</b>	W	4/8-5/27	4:30-5:30pm	

Ages 10–14

### Public Speaking

Students learn the building block of public speaking. Students will learn the importance of being practiced and focused, as well as the importance of body language and tone while speaking.

Amador Recreation Center | Instructor: Bay Area Debate Club Staff

<b>8 classes   \$160R/\$176N</b>				
<b>58876</b>	W	2/4-3/25	4:30-5:30pm	

# Special Interest

Ages 5-10

## Chemistry Fizz

Learn about polymers as we make green slime, experiment with jelly crystals and fake snow. Discover the color wheel with its primary, secondary and tertiary colors. Explore the science of food with marshmallows, M&M's, yeast and root beer! A \$10 supply fee is required at the time of registration.

Amador High School | Instructor: Vidya Pillai

5 classes   \$200R/\$220N				
59406	M-F	3/30-4/3	1:00-4:00pm	

Ages 6-12

## Science & Renewable Energy

Compare the different sources of energy: wind, electric and solar. We'll put together a solar car, a simple wind turbine and several electric projects. We'll conduct an oil exploration experiment, learn about fossil fuels, and the effect of styrofoam on landfills. A \$15 supply fee is required at the time of registration.

Amador High School | Instructor: Vidya Pillai

5 classes   \$200R/\$220N				
59266	M-F	3/30-4/3	9:00am-Noon	

Ages 6-12

## Mindfulness for Kids

Neuroscience reveals that mindfulness actually changes the structure of the brain for the better! It is very easy to learn, everyone can practice it!

Nature House | Instructor: Kathryn Tournat

6 classes   \$85R/\$94N				
58873	Sa	2/21-3/28	9:00-10:30am	
58874	Sa	4/11-5/16	9:00-10:30am	



# Exercise & Wellness

## SPRING BREAK CAMP

Ages 6-14

### Skateboard Camp

Are you ready for an action packed, fun thrill-seeking spring break? Robert Ferguson & the 4141Corp are offering skateboard camp in Pleasanton where you can learn how to ride safely. This class is for ALL skill levels. Helmets and skateboards required. For more information visit [www.4141corp.com](http://www.4141corp.com)

Ken Mercer Sports Park | Instructor: Robert Ferguson

5 classes   \$179R/\$197N				
58840	M-F	3/30-4/3	9:00am-Noon	

Ages 6-12

### Taekwon-Do

Our program focuses on teaching life skills through taekwon-do. Your child will develop lifelong skills, such as courtesy, integrity & self-control. We work towards building health and fitness awareness in a fun and challenging environment.

Jue's Taekwon-Do Studio | Instructor: Gordon Jue

16 classes   \$240R/\$264N				
58859	Tu	2/3-5/26*	5:00-6:00pm	

\*No class 3/31



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Ages 5-12

### Traditional Japanese Karate

Our family is dedicated to teaching a Traditional Japanese Karate style called Seito Shito Ryu with a focus on building confidence, living honorably, and learning effective self-defense. Classes are full of fun and challenging drills. Our motto is: 'Persistence and Determination Alone are Omnipotent'. To learn more, please visit us at: [www.daytimedragon.com](http://www.daytimedragon.com)

Veterans Memorial Building | Instructor: Daniel Reddell

3 classes   \$27R/\$30N				
58866	M	2/2-2/16	5:15-6:00pm	
59225	M	5/4-5/18	5:15-6:00pm	

4 classes   \$36R/\$40N				
58867	W	2/4-2/25	5:15-6:00pm	
59226	W	3/4-3/25	5:15-6:00pm	
59224	M	4/6-4/27	5:15-6:00pm	
59228	W	5/6-5/27	5:15-6:00pm	

5 classes   \$45R/\$50N				
59223	M	3/2-3/30	5:15-6:00pm	
59227	W	4/1-4/29	5:15-6:00pm	



## TECH CLASSES WITH FRESH MEDIA

Ages 8-12

### Computer Animation

Learn software techniques to create digitally animated characters and stories.

Amador Recreation Center | Fresh Media Staff

8 Classes   \$140R/\$154N				
59287	Tu	4/7-5/26	3:30-4:45pm	

Ages 8-12

### Tech Builders: App Design

Utilizing Multimedia Fusion 2 software, students work closely with instructors to create individual computer based apps.

Amador Recreation Center | Fresh Media Staff

8 Classes   \$140R/\$154N				
59289	Th	4/9-5/28	3:30-4:45pm	

Ages 6-8

### Video Game Design for Youngsters

Young developers work in pairs to conceive, design and build their own original computer game.

Amador Recreation Center | Fresh Media Staff

8 Classes   \$140R/\$154N				
59288	Fri	2/6-3/27	3:30-4:45pm	



# Mark Your Calendars!

# Youth & Teen Events



## Anti-Valentine's Day Party

Friday, February 13, 6:00pm-8:30pm

Join the Pleasanton Teens who aren't into Hallmark Holidays and hang with us for some good times with games, prizes, music, karaoke, and delicious food! And with Friday the 13<sup>th</sup> looming, who knows what will happen!

**Amador Recreation Center**

**\$10 | Course: 59262**

## Youth in Government Day

Thursday, February 19, 8:00am-3:00pm

Pleasanton High School Students have the opportunity to participate in this great learning opportunity to shadow City and School District professionals and hear from the leaders in their community. For more information, call (925) 931-3474.

**Firehouse Arts Center**

## Teen Job Fair

March 2015

***Free Admission and Food for Job Seekers!***

Meet with employers; apply for jobs; mock interviews; résumé workshops; how to sell yourself and more! For more information, or if your business is interested in participating, please call (925) 931-3474

**Dublin Senior Center, 7600 Amador Valley Blvd., Dublin 94568**

## Ptownlife Carnival

Saturday, April 25, 11:00am-3:00pm

***Fun for the Whole Family!***

Join us at the Ptownlife Carnival for games, prizes, food, and good times with family and friends. For more information, please contact the Youth & Teen Staff at (925) 931-3474.

**Amador Park Valley Community Park | Food and Tickets available for purchase**

## Amplified

Thursday, May 14, 7:00pm-8:30pm

***A Teen Poetry & Open Mic Event***

During an amazing week for teens here at the Firehouse Arts Center, Pleasanton's 2013-14 Teen Poet Laureates will host an open-mic event featuring young performers of spoken word and song.

**Firehouse Arts Center**

**Tickets: \$5 advance | \$10 at the door • [www.firehousearts.org](http://www.firehousearts.org)**



# Teens – Auditions

## JamFest Teen Concert in the Park Online Auditions

March 4-April 22

Want to submit your band for JamFest 2014? Just have one representative from your band fill out the online form:

[www.firehousearts.org/programs/teen-programs](http://www.firehousearts.org/programs/teen-programs)

Online audition submissions start March 4 and end April 22. For more information email [mduncanson@cityofpleasantonca.gov](mailto:mduncanson@cityofpleasantonca.gov).

## Creatures of Impulse Auditions

May 26-May 27, Callbacks May 28

Don't miss auditions for California's premier award-winning teen improv troupe. This will be the most fun you will have in theatrical auditions! Auditions will be held for 2015-16 cast consideration in Creatures of Impulse's Main Stage Cast and Guest Ensemble. All teens auditioning must be entering into 9th-12th grade for the 2015-16 school year. To fill out the audition form visit:

[www.firehousearts.org/programs/teen-programs](http://www.firehousearts.org/programs/teen-programs)

### Auditions:

Tu	5/26	4:30-6:30pm or 7:00-9:00pm
W	5/27	4:30-6:30pm or 7:00-9:00pm

### Call Backs:

Th	5/28	5:30-8:00pm
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# The Arts

Ages 11–15

## Break Dance Hip Hop

Come join the fun and learn the latest break dance and hip hop moves like spins & power freezes. Students will learn to count music and dance a choreographed routine, all while developing their own style. Age-appropriate music is carefully selected from current hits. Students should bring knee pads, hat/beanie and elbow pads.

Amador Recreation Center | Instructor: Kenyatta Ali

**7 classes | \$140R/\$154N**

59246	F	2/6-3/27	5:00-6:00pm
59247	F	4/10-5/29	5:00-6:00pm

# Creatures of Impulse



## Creatures of Impulse Improv Troupe Wins Award of Excellence

Join the award-winning Creatures of Impulse (COI) Teen Improv Program for another award-winning season of shows, classes, and workshops!



## Improv for Teens

Creatures of Impulse's award-winning teen Improv classes are designed to give participants a fun, age-appropriate, and professional experience in theatrical improvisation.

Ages 10–14

### COI Middle School Phase III

Prerequisite: COI Middle School Phase II or Creatures of Impulse Teen Improv Camp. Students in Phase III will be introduced to long-form improv and the Improv Herald. The basic story spine, scene work, space object work, and supporting one another to tell a story will be the focus. A culminating in-class performance is scheduled for the final class.

Firehouse Arts Center | Instructor: Jeff Zavattero

**6 classes | \$125R/\$137N**

59206	W	4/8-5/13	4:00-6:00pm
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Ages 13–14

### Freshman Year!

This workshop is a fun way for 8th graders to connect with their fellow soon-to-be freshman, share experiences, ask questions, and just feel better about taking on their first year in high school. Students will play improv games, have discussions, engage in high school related scene work and ask questions of the high school cast of Creatures of Impulse and the Ptownlife.org Web Team.

Firehouse Arts Center | Instructor: City Staff

**1 class | \$27R/\$30N**

59209	W	6/3	4:00-7:00pm
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Ages 14–18

### Improv Audition Workshop

What in the world does an improv audition look like? Learn effective practices, improv games, and more in this workshop designed to prepare you for improv auditions with Creatures of Impulse, in college, and in the professional improv theater community.

Firehouse Arts Center | Instructor: Mark Duncanson

**1 class | \$30R/\$37N**

59208	Sa	5/9	1:00-4:00pm
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Ages 14–18, Grades 9–12

### Improv Genre Workshop

Learn to tell stories and engage your audiences using popular story genres. Lose yourself in the settings and characters you create in this fun and immersive workshop designed to take your improv skills to the next level.

Firehouse Arts Center | Instructor: Mark Duncanson

**1 class | \$30R/\$37N**

59205	Sa	2/21	2:00-5:00pm
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Ages 14–18, Grades 9–12

### Improv Musical Workshop

Prerequisites: COI High School Foundation I or Pleasanton Teen Improv Camp. It's all about being brave and going for it in this workshop that teaches the basics of improvising a musical. Respected Bay Area musician, improv accompanist, and Creatures of Impulse's improv musician David Norfleet will teach this workshop. A short culminating in-class performance is scheduled for the last class.

Firehouse Arts Center | Instructor: Mark Duncanson

**1 class | \$55R/\$63N**

59207	Th	4/30	5:30-8:30pm
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**Pleasanton Community Services**





Ages 13–18

### Beginning Guitar

Learn cool songs by using chords, tablature and notes to get you on your way to having fun and being the life of the party with music! For more information, visit [www.debraknox.com](http://www.debraknox.com). A \$10 supply fee is due at the time of registration. Nature House | Instructor: Debra Knox

**6 classes | \$189R/\$218N**

58894	M	2/2-3/9	7:00-7:55pm
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58895	M	3/23-4/27	7:00-7:55pm
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Ages 14–18, Grades 9-12

### CIVIC ARTS STAGE COMPANY

#### Stage Make-Up Design Workshop

This workshop is designed to introduce high school students to the basics of make-up design for the stage. Students in this workshop may be eligible to assist in the City of Pleasanton's 2015 Musical Performance Camps as part of Summer Drama Camps.

Firehouse Arts Center | Instructor: Civic Arts Staff

**1 class | \$55R/\$63N**

59222	Sa	4/18	1:00-4:00pm
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Ages 12–17

### Ceramics—Wheel Throwing

All levels welcome, no experience required. Class will cover basic throwing skills. A \$45 supply fee is due at time of registration.

Cultural Arts Center | Instructor: Erin Davis

**6 classes | \$136R/\$150N**

58787	M	1/26-3/2	5:00-7:00pm
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58789	M	3/9-4/20*	5:00-7:00pm
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58790	M	4/27-6/1	5:00-7:00pm
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\*No class 3/30

## 90s 13TH ANNUAL YOUTH MUSIC FESTIVAL

March 21st  
2:00 & 7:00pm

### Yay for the '90s!

Time to tell the story of the '90s through music and an insane amount of pop culture references. Local youth and teen musicians, vocalists, and actors will take you on a musical journey from 1990–1999. Director: Mark Duncanson.

Firehouse Arts Center

Tickets: General \$10 | Students \$5

[www.firehousearts.org](http://www.firehousearts.org)



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### JamFest 2015 Teen Concert in the Park

May 22  
7:00pm-8:30pm

Start your Memorial Day weekend off right by supporting live and local teen bands!

Lions Wayside Park

GRUNGE  
DICTIONARY  
PIANO  
CONVERSELY  
BACK  
MUSIC

FREE EVENT

PRESENTED BY CREATURES OF IMPULSE

The  
Funniest  
Competition  
of the Year!

## Improv Face-Off

February 19th-21st at 7:30pm

Come and see Creatures of Impulse in the seventh season of their most popular short-form show to date. Creatures of Impulse will share the stage for three nights of scenes, games and fast-paced theatrical improvisation. You are in for three different nights of pure fun with an interactive format that gives the audience a chance to win prizes!

Director: Mark Duncanson

Firehouse Arts Center

Tickets: \$10 General | \$5 Students



Tickets, visit [www.FirehouseArts.org](http://www.FirehouseArts.org)

# Sports



## CLUB VIP VOLLEYBALL

Ages 12–14

### Beginner Volleyball

The intent of this class is to teach participants the basics of volleyball. Focus will be on passing, setting, serving, and spiking in a fun atmosphere.

Pleasanton Middle School | Instructor: Ted Babu

4 classes   \$55R/\$61N				
59198	M	2/2-3/2	5:30-6:30pm	

Harvest Park Middle School | Instructor: Ted Babu

4 classes   \$55R/\$61N				
59200	M	4/13-5/4	5:30-6:30pm	
59201	M	5/11-6/1	5:30-6:30pm	
59199	M	3/9-4/6	5:30-6:30pm	

\*No class 2/16, 3/30

## SPRING BREAK CAMP

Ages 12–14

### Beginner Volleyball Camp

This camp will give each participant a high level of instruction and practice time. Fundamental skills and proper mechanics will be taught including attacking, passing, digging, setting, serving, and blocking.

Harvest Park Middle School Gym | Instructor: Ted Babu

4 classes   \$120R/\$132N				
59202	M-Th	3/30-4/2	12:00-3:00pm	

Ages 10–14

### Volleyball League

This league acts as an introduction to the team aspect of volleyball for young athletes. The season will include instruction practices and development play. Each team will have a Club VIP coach facilitating practices and officiating games. Parent volunteers will be needed to help coach during tournaments.

Harvest Park Middle School | Instructor: Ted Babu

9 classes   \$195R				
59204	M	4/6-6/1	7:00-9:00pm	

18 • Teens

# Special Interest

Ages 10–12

### Babysitting for Beginners

Learn the skills needed to be a trusted and responsible babysitter. Learn all about child development, bedtime strategies, discipline, how to get jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety and what to do in an emergency will also be covered. Participants are encouraged to bring a snack.

Cultural Arts Building | Instructor: Suzy McCreary

1 class   \$48R/\$53N				
58796	Su	3/29	9:00am-2:30pm	

Ages 14–17

### Coping with Stress & Time

Students will learn about goal-setting, planning, dealing with interruptions and procrastination. Discover stress issues in the interrelated life areas of personal, school and home—transforming self-awareness into results. For more information, visit [www.triple-pointadvisors.com](http://www.triple-pointadvisors.com)

Veterans Memorial Building | Instructor: Gauri Reyes

1 class   \$79R/\$87N				
58797	Su	3/1	9:30am-12:30pm	

Ages 12–20

### Mindfulness for Teens

In this introductory course, students find out what mindfulness is by experiencing it and through learning about its connection to neuroscience, and how it increases effectiveness and efficiency! You will be amazed at what mindfulness does for the brain. For more information, visit [www.bellamenti.com](http://www.bellamenti.com)

Nature House | Instructor: Kathryn Tournat

6 classes   \$85R/\$94N				
58912	Sa	2/21-3/28	11:00am-12:30pm	
58913	Sa	4/11-5/16	11:00am-12:30pm	

## SPRING BREAK CAMP

Ages 12–16

### Young Entrepreneur Camp

Get a fun, hands-on introduction to business concepts like revenue, profits, marketing plan, competition and substitutes. Learn how to present your ideas and solve business problems. Students will make group presentations, do team-based exercises, create marketing brochures, and write a business plan for their idea. *A \$10 supply fee is due at the time of registration.*

Veterans Memorial Building | Instructor: Debbie Choy

5 classes   \$280R/\$308N				
58896	M-F	3/30-4/3	1:00-4:00pm	

Ages 5 and up

### Traditional Japanese Karate—Family Class

Our family is dedicated to teaching a Traditional Japanese Karate style called Seito Shito Ryu with a focus on building confidence, living honorably, and learning effective self-defense. Classes are full of fun and challenging drills. This is not a 'Feeder Program'—the student can earn their internationally recognized Black Belt here. Our motto is: 'Persistence and Determination Alone are Omnipotent'. To learn more please visit us at: [www.daytimedragon.com](http://www.daytimedragon.com)

Veterans Memorial Building | Instructor: Daniel Reddell

3 classes   \$27R/\$30N				
58868	M	2/2-2/23	6:05-6:50pm	
59231	M	5/4-5/18	6:05-6:50pm	

4 classes   \$36R/\$40N				
58869	W	2/4-2/25	6:05-6:50pm	
59237	W	3/4-3/25	6:05-6:50pm	
59230	M	4/6-4/27	6:05-6:50pm	
59239	W	5/6-5/27	6:05-6:50pm	

5 classes   \$45R/\$50N				
59229	M	3/2-3/30	6:05-6:50pm	
59238	W	4/1-4/29	6:05-6:50pm	

Ages 8 and up

### Traditional Japanese Karate—Intermediate/Advanced

Veterans Memorial Building | Instructor: Daniel Reddell

3 classes   \$27R/\$30N				
58870	M	2/2-2/23	7:00-8:00pm	
59236	M	5/4-5/18	7:00-8:00pm	

4 classes   \$36R/\$40N				
58871	W	2/4-2/25	7:00-8:00pm	
59240	W	3/4-3/25	7:00-8:00pm	
59235	M	4/6-4/27	7:00-8:00pm	
59242	W	5/6-5/27	7:00-8:00pm	

5 classes   \$45R/\$50N				
59234	M	3/2-3/30	7:00-8:00pm	
59241	W	4/1-4/29	7:00-8:00pm	

Ages 10-14

### Kids/Teen MMA

This classes introduces Brazilian Jiu-Jitsu, wrestling, muay thai, boxing & conditioning. It focuses on proper techniques, and provides a fun and solid workout.

Crispim BJJ Studio | Instructor: Crispim De Almeida

12 classes   \$145R/\$160N				
59285	Tu/Th	2/3-3/12	5:15-6:15pm	
59286	Tu/Th	4/7-5/14	5:15-6:15pm	

Phone: (925) 931-5340



## Natural World Programs

Natural World programs, which include cultural, history and environmental classes, feature offerings for all age groups. Classes noted **Family Fun** are intended for the entire family and the parents are FREE. Pre-registration is required for all programs.

# Rural Life

Rural Life programs explore the ways of the past, including Ohlone, Rancho, and agricultural topics and activities.

Ages 8–12

### Leather Workshop | **New!**

Create artwork like the vaqueros and learn a variety of leather working techniques. You'll be able to take your custom designs home with this fun wearable craft!

Alviso Adobe Community Park | Instructor: Natalie Croak

**1 class | \$10R/\$13N**

**59105** Su 2/22 1:00-2:00pm

Ages 6–12

### Adobe Brick Making

The Alviso Adobe got part of its name from the material used to build it: adobe brick. You'll learn how the bricks were made and make one of your own to take home. Bring a change of shoes and be prepared to get dirty! Alviso Adobe Community Park | Instructor: Environmental Ed. Staff

**1 class | \$5R/\$8N**

**59103** Sa 5/2 1:00-2:00pm

Ages 5–12

### Apple Pressing **Family Fun**

You haven't had apple juice until you've had it fresh from a cider press! Learn about cider presses, and help concoct fresh apple juice. Alviso Adobe Community Park | Instructor: Environmental Ed. Staff

**1 class | \$5R/\$8N**

**59161** Sa 4/18 1:00-2:00pm

Sunday, April 19th, 11:00am-1:00pm

### Abbie 4-H Day

Ages 9-19 • FREE

Visit the Alviso Adobe Community to learn more about Pleasanton's local 4-H group. 4-H is open to boys and girls aged 9-19. 4-H members join various "projects" within the club to learn to be the leaders of the future. Projects include raising swine, practicing presentations, crocheting, gardening, raising rabbits, and much, much more. On this special 4-H day, members will be on hand to share their own projects and how others can join.

Ages 18 and up

### Meadowlark Dairy Life

What was life really like on a dairy? Come to Alviso Adobe Community Park, the site of the original Meadowlark Dairy, and hear about dairy life straight from the source: Bob and Bruce Takens, whose family managed Pleasanton's Meadowlark Dairy until its closing. Alviso Adobe Community Park | Instructor: Environmental Ed. Staff

**1 class | FREE!**

**59146** Sa 2/28 1:00-3:00pm

Ages 5–12

### Butter Making **Family Fun**

Where does butter come from? Our friend the dairy cow, of course! In this program, we'll trace a day in the life of a cow at the Meadowlark Dairy and make some butter to enjoy. Alviso Adobe Community Park | Instructor: Natalie Croak

**1 class | \$5R/\$8N**

**59162** Su 3/15 11:00am-Noon

Ages 4–12

### Ice Cream Social **Family Fun**

Using time tested recipes and human energy, together we'll concoct yummy ice cream the old fashioned way right here where it all started . . . the original location of the Meadowlark Dairy!

Alviso Adobe Community Park | Instructor: Britney Cooper

**1 class | \$5R/\$8N**

**59164** Su 5/24 1:00-2:00pm

Ages 6–12

### Tortilla Making | **New!**

**Family Fun**

Homemade tortillas are even more delicious than what you can buy at the store. Learn how to make corn tortillas from scratch and enjoy some tasty creations!

Alviso Adobe Community Park | Instructor: Natalie Croak

**1 class | \$5R/\$8N**

**59163** Su 5/3 1:00-2:00pm



Facility will be closed January 1, 2015 and April 5, 2015.

## CONTACT US

**Eric Nicholas, Naturalist**

enicholas@cityofpleasantonca.gov

**Natalie Croak, Volunteer Coordinator**

ncroak@cityofpleasantonca.gov

Office Line: 931-3479

**Britney Cooper, Marketing Assistant**

bcooper@cityofpleasantonca.gov

Office Line: 931-3481

Visit our website:

[www.pleasantonadobe.com](http://www.pleasantonadobe.com)

## Volunteer Opportunities

Looking for a volunteer opportunity for your community organization? Need to complete your high school community service hours? Volunteer at Alviso Adobe! Our park is always looking for assistants to help with our native plant gardens and environmental education programs. For more information on current volunteer opportunities, contact Volunteer Coordinator Natalie Croak at (925)931-3485 or [ncroak@cityofpleasantonca.gov](mailto:ncroak@cityofpleasantonca.gov).



**Like us on Facebook:**  
**Fiona Pleasanton**



**Follow us on Instagram:**  
**Fionapleasanton**

# Hikes

Come explore the trails and parks that make Pleasanton such a great place to live. Learn about local wildlife, plants, habitats, tracking and more. Dress with the weather in mind.



## Hike/Walk exertion level:

**Stroller Friendly**—geared for families and trails that accommodate strollers.

**Easy**—Relaxed hike with low exertion level; walk on level or paved terrain for short distances.

**Moderate**—A more active hike with sloping or uneven terrain, and/or climbing slopes.

**Active**—Strenuous and long-distance hike; be prepared to cross water and to crawl or climb.

## Ages 18 and up

### Nature Photography Hike

Join our very own naturalist as he leads you on a photographic journey off the beaten path; see what images you can capture as you search some of the city's hidden parks. Bernal Creek and its adjoining ponds are home to many varieties of birds. **Moderate hike.**

Off-Site Locations | Instructor: Eric Nicholas

1 class   \$10R/\$13N				
59152	Sa	3/21	2:00-4:00pm	

## Ages 9-13

### Girls Getting Out

This is a girl power hike! We will explore the Bernal Creek and ponds and discover the fascinating plants and wildlife that call that park home, as well as build friendships and positive self-images. Girls rock! **Moderate hike;** parent supervision not required.

Augustin Bernal Park | Instructor: Environmental Ed. Staff

1 class   \$6R/\$9N				
59155	Sa	3/28	2:00-3:30pm	

## Ages 12 and up

### Augustin Bernal Night Hike

Join the Naturalist for a nighttime exploration of one of Pleasanton's best parks, Augustin Bernal. Dress with the weather in mind and bring a water bottle. **Moderate hike.**

Augustin Bernal Park | Instructor: Eric Nicholas

1 class   \$8R/\$11N				
59150	Sa	5/2	7:00-9:00pm	

# Nature's Wonder Club

## Ages 5-11

### Nature's Wonder Club Series

Join the Club for more explorations of the natural world around us. Sign up for all four Saturday classes at once for a reduced rate! This series includes the following: Spider Discoveries, 2/7; Bee and Butterfly Garden Creations, 3/7; The Bees' Knees, 4/11; Kids Paint Out, 5/16.

Alviso Adobe Community Park | Instructor: Environmental Ed. Staff

4 classes   \$20R/\$23N				
59097	Sa	2/7-4/11	11:00am-Noon	



## Ages 5-11

### Spider Discoveries

Do you think spiders are scary? Not so, we say! Find out why spiders are what we call beneficial arthropods, and not to be feared. You will meet a variety of spiders in this eye-opening class.

Alviso Adobe Community Park | Instructor: Eric Nicholas

1 class   \$4R/\$7N				
59099	Sa	2/7	11:00am-Noon	

## Ages 5-11

### Bee and Butterfly Garden Creations

Join us in our Bee and Butterfly Garden as we care for and enhance the beds. As you work, you'll learn about the importance of native plants and how they benefit local insects. Take home seedlings to plant in your own garden!

Alviso Adobe Community Park | Instructor: Eric Nicholas

1 class   \$4R/\$7N				
59100	Sa	3/7	11:00am-Noon	



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Follow us on Instagram:  
Fionapleasanton



## Ages 5-11

### The Bees' Knees

Bees are some of the world's most important insects. We will introduce you to different kinds of bees, and share why they are so helpful.

Alviso Adobe Community Park | Instructor: Environmental Ed. Staff

1 class   \$4R/\$7N				
59101	Sa	4/11	11:00am-Noon	

## Ages 6-12

### Kids' Paint Out | *New!*

Bring your little artists to the Alviso Adobe Community Park for our first ever Kids' paint out! We will provide the supplies and inspiration, you provide the creativity. Participants will be able to watercolor outdoors, using the Alviso Adobe and surrounding landscape for artistic inspiration.

Alviso Adobe Community Park | Instructor: Environmental Ed. Staff

1 class   \$10R/\$13N				
59149	Sa	5/16	11:00am-Noon	





# Special Events • Camps



Ages 4–12

## Spring Celebration! *Family Fun*

Come and celebrate spring at the Alviso Adobe Community Park. Participants will enjoy stations throughout the park. Activities will include a visit with rabbits, egg coloring, an egg toss, and an egg hunt. Fun activities for all ages!

Alviso Adobe Community Park | Instructor: Environmental Ed. Staff

**1 class | \$20R/\$23N**

<b>59107</b>	Sa	4/4	11:00am-1:00pm
<b>59108</b>	Sa	4/4	3:00-5:00pm



Ages 5–10

## Valentine's Night Out (Everyone's Night Out)

Parents, it's Valentine's! Bring your children to the Alviso Adobe while you enjoy a night out. We will entertain your children with dinner and a variety of activities including star gazing, campfire stories, and crafts.

Alviso Adobe Community Park | Instructor: Eric Nicholas

**1 class | \$25R/\$28N**

<b>59274</b>	Sa	2/14	5:30-9:00pm
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Ages 2–6

## 8th Annual Ladybug Release

*Family Fun*

Visit Ladybugs and find out how they can help keep your garden healthy and safe. We'll release some at the Alviso Adobe Community Park and you'll take some home for your garden.

Alviso Adobe Community Park | Instructor: Environmental Ed. Staff

**1 class | \$9R/\$12N**

<b>59109</b>	Sa	5/9	11:00am-Noon
<b>59110</b>	Sa	5/9	3:00-4:00pm

Ages 4–16

## Campfire Story Time

*Family Fun*

Did you know the Alviso Adobe Community Park has its very own fire pit? Check it out for yourself at our exciting campfire story time series. The Naturalist will share stories of the great outdoors as you make delicious s'mores!

Alviso Adobe Community Park | Instructor: Eric Nicholas

**1 class | \$10R/\$13N**

<b>59147</b>	Sa	4/25	7:30-9:00pm
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Ages 12–17

## Teen Poetry Showcase | *New!*

A new place to share & recite, The Adobe Poetry showcase is poised to excite. For those whom enjoy books and literature with friends, this showcase is surely one to attend.

Come to the Alviso Adobe Park and be a part of our panel,

While listening to teens express themselves through this creative channel!

Alviso Adobe Community Park | Instructor: Britney Cooper

**1 class | FREE**

<b>59148</b>	Su	4/12	2:30-4:00pm
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Ages 6–12

## Spring Striders Nature Day Camp

It's time for a break so why not spend it outdoors and surrounded by nature? Join the spring striders and have a wonderful time as we explore the natural world. Locations are subject to change due to inclement weather. Dress with the weather in mind and pack a lunch and water!

Augustin Bernal Park | Instructor: Environmental Ed. Staff

**5 classes | \$188R/\$207N**

<b>59134</b>	M-F	3/30-4/3	9:00am-3:00pm
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**Locations:**

Monday	Augustin Bernal Park
Tuesday	Laurel Creek Park
Wednesday	Bernal Creek and Ponds
Thursday	The Preserve
Friday	Alviso Adobe Community Park



Ages 12–15

## Ridge Runners Training Workshops

This series of workshops will hone your leadership and outdoor skills, and prepare you for a role as a Ridge Runner Leader. Attendance at 5 of the 8 workshops is necessary for placement in a Ridge Runners summer camp.

Alviso Adobe Community Park | Instructor: Eric Nicholas

**1 class | \$10R/\$13N**

<b>59137</b>	W	2/11	3:30-5:00pm
<b>59138</b>	W	2/25	3:30-5:00pm
<b>59139</b>	W	3/11	3:30-5:00pm
<b>59140</b>	W	3/25	3:30-5:00pm
<b>59141</b>	W	4/8	3:30-5:00pm
<b>59142</b>	W	4/22	3:30-5:00pm
<b>59144</b>	W	5/6	3:30-5:00pm
<b>59145</b>	W	5/20	3:30-5:00pm

# Coming Soon...

## Alviso Adobe Community Park Temporary Exhibits

### Pollinators: Keeping Company with Flowers

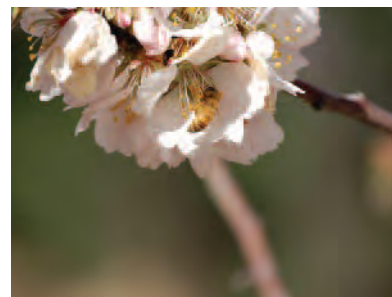
January 11—March 8, 2015

**Pollinators: Keeping Company with Flowers** is an exhibit portraying the relationship between flowers and pollinators. The exhibit is based around 70-some photographs of pollinators in wild and garden settings, primarily taken by Northern California plantsman and naturalist, John Whittlesey. Pollinators aims to increase awareness and appreciation of the incredible beauty and diversity of pollinators in California.

### Mushrooms: Keys to the Kingdom Fungi

March 22—May, 2015

**Mushrooms: Keys to the Kingdom Fungi** is an exhibit vividly portraying the intriguing lives and important roles of fungi in our environment. The exhibit is based around California plantspeople and naturalists, Whittlesey and Jennifer Jewell. Through large, detailed photographs and supplemental materials, this exhibit introduces viewers to a wide range of mushroom-producing fungi and their valuable roles in the environment.



Jennifer Jewell and John Whittlesey ©2012



Jennifer Jewell and John Whittlesey ©2012



## EXPLORATION BACKPACKS



Discover the Alviso Adobe  
in new ways with Exploration  
Backpacks! Each backpack has a

different theme and includes games, activities,  
and fun information about the park and its past  
inhabitants. Backpack themes include the Rancho  
period, the Meadowlark Dairy period, and animal  
tracking and birding. Backpacks are free to use  
and available in the AACP Milking Barn. What  
will you find when you explore the Alviso Adobe  
Community Park?

## Abbie 4-H Club



Abbie 4-H is open to boys and girls aged 9 through 19.  
4-H members join various "projects" within the club to  
learn to be the leaders of the future. Projects include  
raising swine, practicing presentations, drama, crochet,  
gardening, chess, raising rabbits, and much, much more.

**For more information and contact numbers  
check out [abbie4h.org](http://abbie4h.org)**



# Recreation for Adults with Developmental Disabilities

Men & Women 15 years & Older



## Registration Form—Spring 2015

Instructions: To register, put an "X" in the box next to the activity then add up all the fee amounts for a total fee. Write a check to the "City of Pleasanton" or pay by VISA or MASTERCARD. You will receive a receipt in the mail confirming that you have been registered for the activities you selected.

- Preregistration is required for all activities—"drop-ins" are not allowed.
- If you cannot pay all of the activity fees at one time, please contact the Front Office at 931-5368 to discuss a payment plan with Julie or Debbie.
- You MUST fill out a RADD Code of Conduct Sheet and Participant Information Packet. You can access these online at [www.cityofpleasantonca.gov](http://www.cityofpleasantonca.gov), click on "Community Services" under "Services," then click on the "RADD" link on the left side of the page; or call the front office at (925) 931-5368 to receive a copy.

**Mail** Registration Form to:  
RADD, C/O Pleasanton Senior  
Center, 5353 Sunol Blvd.,  
Pleasanton, CA 94566

**Fax** Registration Form to:  
(925) 485-3685

- 1** = low: sitting, some standing or walking, i.e. walking 1 block  
**2** = low/moderate, i.e. walking the equivalent of 4 blocks  
**3** = moderate, i.e. combination of low and high impact activities  
**4** = moderate/high, i.e. walking the equivalent of 7 blocks  
**5** = high, i.e. walking the equivalent of 10+ blocks

Ages 15 and up

### R.A.D.D. Tennis

Recreational tennis for the developmentally disabled, training balls will be used and rules modified to adapt to skill level.

**Location:** Pleasanton Tennis Park

**Instructor:** Lifetime Tennis Staff | 4:1 ratio

**12 classes | \$100R/\$110N**

☐ **59062** Th 4/2-6/18 3:30-4:15pm

## R.A.D.D. Registration Form



Please include both pages! Total Fee Amount \$ \_\_\_\_\_

Name of RADD Participant \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Ph. (home) \_\_\_\_\_ Ph. (business) \_\_\_\_\_

Check #: \_\_\_\_\_ Amount \$ \_\_\_\_\_

Credit Card # \_\_\_\_\_ VISA / MASTERCARD Expiration Date \_\_\_\_\_ Amount \$ \_\_\_\_\_

Signature: \_\_\_\_\_

Waiver: My (My child's) participation in this activity is voluntary. I am (My child is) physically fit to participate in this activity. I understand that this activity involves risks and that serious injuries could occur while I am (my child is) participating in this activity. In addition, if transportation is provided by City during the activity, serious injuries could occur. Knowing these risks, I want (my child) to participate in this activity. I (on behalf of my child) hereby assume the risk, and hereby waive, release and discharge the City of Pleasanton, its Council, officials, employees, volunteers, instructors, agents, sponsors and promoters of this activity, from any and all claims for damages for personal injuries or death, or claims for damages to property, which I (my child) or my (child's) heirs, assigns, executors or administrators may have or which may accrue to my (child's) participation in this activity, including transportation provided during the activity as applicable. I have read the above and understand that important legal rights are being waived.

I consent to the City's use of any photographs that are taken of me (my child) while participating in the City's programs for use in the City's promotions and publications in print and on the World Wide Web (Internet). No payment will be made for use of these photographs.

If you do not want you or your child(ren) photographed or videotaped while participating in a City recreation class or activity for the use in City publications, please contact the Community Services office at (925) 931-5340, to request an "Opt Out of Photo" form to be completed at least two weeks prior to the start of you or your child(s) class.

Person Responsible for the Account \_\_\_\_\_

Participant/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Signature required to participate)

# R.A.D.D. Activities

## Ages 15 and up RADD—Activities and Trips

A variety of activities and trips are planned each quarter including local excursions such as pizza and bowling and dinner and a movie as well as excursions to destinations such as the Aquarium of the Bay and the Oakland Coliseum. To register, mark an "X" in the box

next to each activity; then, add up all the fee amounts for a total fee. Fill out the registration form on the reverse side and mail or fax this page to the address or fax number provided.

Level	Code	Activity	Date/Time/Notes	Meeting Location	Fee
<input type="checkbox"/>	1 58953	Super Bowl Party	Su, 2/1, 3:00-8:00pm. Includes game viewing, snacks, beverages, and lots of fanfare. Come support your team!	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$15
<input type="checkbox"/>	4 58962	Lindsay Wildlife Museum	S, 2/7, 1:00-3:30pm. Includes entry fee and transportation.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
<input type="checkbox"/>	2 58980	Heart to Heart Dance	F, 2/13, 7:00-10:00pm. Includes DJ, dancing, and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
<input type="checkbox"/>	2 59042	Breakfast Club	Sa, 2/21, 8:30-10:30am Includes entree, beverage, tip and tax. Bring money for Farmer's Market.	Rising Loafer, 428 Main Street, Pleasanton	\$17
<input type="checkbox"/>	1 58955	Mocktails & Games Night	F, 2/27, 6:30-9:00pm. Includes, games, raffle prizes, mocktails (mock cocktails), and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
<input type="checkbox"/>	1 58956	Stargazing Event	F, 3/6, 7:00-9:00pm. Includes a light snack, stargazing activities, and viewing through real stargazing telescopes lead by a member from the Tri-Valley Stargazers. Wear warm layers.	Pleasanton Senior Center 5353 Sunol Blvd., Pleasanton	\$15
<input type="checkbox"/>	2 58981	St. Paddy's Dance	F, 3/13, 7:00-10:00pm. Includes DJ, dancing, and a light snack. Don't forget to wear green!	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
<input type="checkbox"/>	1 58958	Spring Musical	Fr, 3/20, 7:00-9:30pm. Includes ticket to high school musical production put on by Amador Valley & Foothill High School students.	Amador Theater, 1155 Santa Rita Road, Pleasanton	\$15
<input type="checkbox"/>	3 59043	Breakfast Club	Sa, 3/28, 8:30-10:30am Includes entrée, beverage, tip and tax. Bring money for Farmer's Market.	Vic's All Star Kitchen, 201 Main St #A, Pleasanton	\$17
<input type="checkbox"/>	3 58952	Spring Celebration	Sa, 4/4, 11:00am-2:00pm. Join us for a fun day celebrating spring with field games, a picnic, and an egg hunt!	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$15
<input type="checkbox"/>	1 59045	Dining Out	F, 4/10, 6:00-8:00pm. Includes entrée, beverage, tip and tax.	Elephant Bar, 7202 Amador Plaza Rd, Dublin	\$26
<input type="checkbox"/>	3 58959	Bocce and Lunch	Sa, 4/18, 12:00-2:30pm. Includes bocce, lunch and a beverage.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$15
<input type="checkbox"/>	5 58960	Lunch at Bubba Gump's	Sa, 4/25, 11:00am-3:30pm. Includes entrée, beverage, and transportation. Bring money to purchase a souvenir at Pier 39.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$40
<input type="checkbox"/>	2 59044	Breakfast Club	Sa, 5/2, 8:30-10:30am. Includes entrée, beverage, tip and tax. Bring Money for Farmer's Market.	Café Main, 401 Main St., Pleasanton	\$17
<input type="checkbox"/>	5 59041	Downtown Scavenger Hunt	Sa, 5/9 9:30-11:30am. Discover and photograph some of Pleasanton's downtown landmarks. We'll walk a 1-mile route and end with a beverage from Juice & Java Express.	Drop Off: Civic Park 100 Main St. Pleasanton; Pick Up: Juice & Java 55 W. Angela St. Pleasanton	\$10
<input type="checkbox"/>	4 59015	Day at Lake Chabot	Sa, 5/16, 10:00am-3:00pm. Includes lunch, beverage, and patio boat tour.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$30
<input type="checkbox"/>	2 59016	Movie and Ice Cream	F, 5/22, 6:30-9:30pm. Includes movie ticket and ice cream from Fuddrucker's.	West side of Regal Cinemas, 5000 Dublin Blvd, Dublin	\$15
<input type="checkbox"/>	5 59017	Marilyn Murphy Kane Trail	Sa, 5/30, 10:30am-1:00pm. Includes lunch, beverage, and learning from our Naturalist while walking the trail. WEAR SUNSCREEN. BRING A WATER BOTTLE.	Bernal Community Park, 7001 Pleasanton Ave, Pleasanton	\$15



# Aquatics



4455 Black Avenue, Pleasanton | 931-3420  
[www.PleasantonAquaticCenter.com](http://www.PleasantonAquaticCenter.com)  
[PleasantonAquaticCenter@CityofPleasantonca.gov](mailto:PleasantonAquaticCenter@CityofPleasantonca.gov)

## Office Hours

M/W/F 6:00am-1:00pm  
Tu/Th 11:30am-1:00pm  
M-Th 5:30-8:00pm  
Sa/Su/Holidays 8:00-11:00am

**Holiday Hours: 2/16, 5/25**

**Office Closed: 3/14, 3/15, 4/5**



## Lap Swimming for Fitness

Experience the amazing health benefits of lap swimming in our 50-meter pool (heated, year round). All ages are welcome; however, swimmers must be able to swim the width of the pool without stopping. Lanes may be assigned, and space sharing is required. Spectator fees apply to all who plan to watch from within the aquatic facility. Personal coaching is prohibited.

Morning M/W/F 6:00-10:00am  
Mid-day M-F 11:30am-1:00pm  
Evening M-Th 5:30-8:00pm  
Weekends/Holidays 8:00-11:00am

**Holiday Hours: 2/16, 5/25**

**Office Closed: 3/14, 3/15, 4/5**

### Fees

### Single | Punch Pass (15)

Adult (18+) \$4 | \$52R/\$57N  
Youth (-17)/Senior (60+)/Spectator \$3.50 | \$46R/\$51N

**The Benefits of Swimming:**  
Swimming can increase muscle tone, strengthen the heart muscle, improve flexibility and give you a full body workout!

## Ages 16 and up

## Fitness Water Exercise

Water exercise classes support the body and reduce risk of muscle or joint injury through the buoyancy of water and mitigation of gravity.

### Single Visit Punch Pass (15)

\$7 \$93R/\$102N

*\*No class 2/16, 5/25*

## Shallow Water Workout

A high intensity shallow-water aerobics class designed to strengthen and tone muscles and improve cardiovascular fitness. Includes interval, circuit and resistance training using hand buoys, elastic tubing and water woggles. Designed for intermediate and advanced exercisers.

M/W/F 9:15-10:10am

## Deep Water Workout

A challenging aerobic workout in deep water utilizing interval and resistance training to develop cardiovascular fitness, muscle, strength, endurance and flexibility. Note: this class is held in deep water and although buoyancy equipment is worn, participants should feel comfortable in deep water.

M/W/F 6:00-6:55am

M/W/F 7:45-8:40am

M-Th 5:30-6:30pm



# Learn-to-Swim

The American Red Cross Learn-to-Swim program offers swimming lessons for youth ages 3½ and up. The bullet points below summarize the skills taught at each level and should be used to help determine the most appropriate placement for your child. Class dates and times are listed in the subsequent pages. Adult/teen, private/semi-private and competitive stroke classes are also available.

## Preschool—Level 1-3 (Ages 3½-5)

### Level 1

#### Skills may be performed with support:

- Enter and exit water using ramps, steps or side
- Blow bubbles for 3 seconds
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Back float for 3 seconds
- Roll from front to back, and back to front
- Arm and hand treading action
- Alternating and simultaneous leg action and arm action on front and back
- Combined arm and leg actions on front and back

### Level 2

#### Skills may be performed with assistance:

- Enter water by stepping in from deck or low height
- Exit water using ladder, steps or side
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Front float for 3 seconds, back float for 5 seconds
- Roll from front to back, and back to front
- Tread water using arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

### Level 3

#### Skills performed independently:

- Jump in to shoulder-deep water
- Fully submerge and hold breath
- Bobbing, 10 times
- Rotary breathing
- Front and back glide with recovery to vertical position
- Floats - front, jellyfish, and tuck for 10 seconds, each
- Back float for 15 seconds
- Change direction of travel while swimming on front or back
- Tread water for 30 seconds
- Combined arm and leg actions on front and back
- Finning arm action on back

## Beginner—Level 1-3 (Ages 6 & up)

### Level 1

#### Skills may be performed with assistance:

- Enter/exit water using ramps, steps or side
- Blow bubbles for 3 seconds
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Back float for 5 seconds
- Roll from front to back, and back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg action and arm action on front and back
- Combined arm and leg actions on front and back

### Level 2

#### Skills performed independently:

- Step or jump from side into shoulder-deep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing, 10 times
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats for 10 secs
- Front and back glide with recovery to vertical position
- Back float for 15 seconds
- Roll from front to back, and back to front
- Tread water for 15 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back
- Finning arm action on back

### Level 3

#### Skills performed independently:

- Jump into deep water from the side, submerge and return to the side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Tread water for 1 minute
- Change from vertical to horizontal position on front and back
- Push off in streamlined position on front, then begin kicking
- Front crawl, elementary backstroke for 15 yards
- Flutter, scissors, breaststroke, dolphin kicks

## Stroke Improvement—Level 4

#### Skills performed independently:

- Headfirst entry in compact and stride positions
- Feet first surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute
- Front crawl, elementary backstroke 25 yards
- Breaststroke, back crawl, butterfly, sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

## Stroke Refinement—Level 5

#### Skills performed independently:

- Shallow-angle dive into deep water
- Tuck surface dive and pike surface dive
- Tread water for 5 minutes
- Tread water, using legs only, for 2 minutes
- Sculling for 30 seconds
- Front crawl, elementary backstroke for 50 yards
- Breaststroke, back crawl, butterfly, sidestroke for 25 yards
- Front flip turn and backstroke flip turn

## Important notes regarding

### Learn-to-Swim Lessons

It is essential that each lesson is attended to receive the full benefit of the class. There are no make-up lessons or credits for missed classes. If the Community Services Department cancels a class or session, a credit will be issued to your account. All Learn-to-Swim classes are held at the Dolores Bengtson Aquatic Center and are taught by American Red Cross Certified Water Safety Instructors.



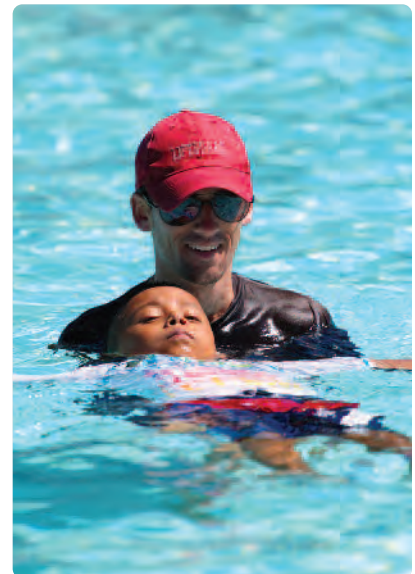


# Learn-to-Swim

Weekday Classes at Dolores Bengtson Aquatic Center		Session 1 4/7-4/30   Tu/Th 8 classes   \$52R/\$57N	Session 2 4/8-4/29   M/W 7 classes   \$46R/\$51N	Session 3 5/4-5/27*   M/W 7 classes   \$46R/\$51N	Session 4 5/5-5/28   Tu/Th 8 classes   \$52R/\$57N
Preschool	1:00-1:30pm	•	59048	59051	•
	1:30-2:00pm	•	59049	59053	•
	4:00-4:30pm	•	59052	•	•
	4:30-5:00pm	59055	•	•	59061
	5:00-5:30pm	•	•	59057	•
	5:30-6:00pm	•	59054	•	59060
	6:00-6:30pm	59058	•	59056	•
Beginner Level 1-3	4:00-4:30pm	59070	•	•	•
	4:30-5:00pm	•	59068	59077	•
	5:00-5:30pm	•	•	•	59074
	5:30-6:00pm	59071	•	59073	•
	6:00-6:30pm	•	59069	•	59075
Stroke Improvement Level 4	4:00-4:30pm	•	•	59082	59083
	5:00-5:30pm	59086	59084	•	•
Stroke Refinement Level 5	4:00-4:30pm	•	•	59091	59092
	5:00-5:30pm	59089	59088	•	•

\*No class 5/25

Saturday Classes at Dolores Bengtson Aquatic Center		Session 1 4/4-4/25   Sa 4 classes   \$26R/\$29N	Session 2 5/2-5/30   Sa 5 classes   \$32R/\$35N
Preschool	9:00-9:30am	59059	59064
	10:30-11:00am	59050	59065
Beginner Level 1-3	9:30-10:00am	59072	59067
	11:00-11:30am	59076	59066
Stroke Improvement Level 4	10:00-10:30am	59085	59087
Stroke Refinement Level 5	10:00-10:30am	59090	59093



# Swim Lessons

Ages 13 and up

## LTS—Adult/Teen Swim Lessons

It's never too late to learn how to swim.

Whether your goal is to conquer a fear of the water, learn proper technique, prepare for lap swimming or even competitive events—we can help you get there! Course emphasis is on individual skill improvement and endurance. Students are allowed to progress at their own pace with hands-on instruction and support from the instructor in a safe environment.

### 4 classes | \$28R/\$31N

59008	Sa	4/4-4/25	8:15-9:00am
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### 8 classes | \$56R/\$62N

59004	Tu/Th	4/7-4/30	6:30-7:15pm
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### 7 classes | \$49R/\$54N

59007	M/W	4/8-4/29	10:30-11:15am
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59005	M/W	5/4-5/27*	10:30-11:15am
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\*No class 5/25

### 5 classes | \$35R/\$38N

59009	Sa	5/2-5/30	8:15-9:00am
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### 6 classes | \$42R/\$46N

59006	Tu/Th	5/5-5/21	6:30-7:15pm
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Get even more out of swim lessons with the American Red Cross Swim App! Available on iTunes® app store or Google Play™

Ages 3 1/2 and up

## Private/Semi-Private Swim Lessons

We are pleased to offer private and semi-private swim lessons! To make a private lesson a semi-private lesson simply have the first student pay full price and each additional student pay the discounted price. Semi-private lessons are limited to four students.

### 3 classes | \$90R/\$99N | \$45R/\$50N each add'l student

59011	M/W	4/8-4/15	6:30-7:00pm
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59014	M/W	5/18-5/27*	6:30-7:00pm
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\*No class 5/25

### 4 classes | \$120R/\$132N | \$60R/\$66N each add'l student

59012	M/W	4/20-4/29	6:30-7:00pm
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59013	M/W	5/4-5/13	6:30-7:00pm
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Ages 6–18

## Competitive Stroke Swim

This class is for swimmers interested in strengthening their endurance. Swimmers must be able to correctly swim 50 yards of butterfly, backstroke, breaststroke and freestyle.

Ages 6–10

### 6 classes | \$48R/\$53N

59035	M/W	5/4-5/20	5:45-6:30pm
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59094	Tu/Th	5/5-5/21	5:45-6:30pm
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### 7 classes | \$56R/\$62N

59033	W/M	4/8-4/29	5:45-6:30pm
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### 8 classes | \$64R/\$70N

59031	M/W	3/2-3/25	5:45-6:30pm
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59037	Tu/Th	3/3-3/26	5:45-6:30pm
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59039	Tu/Th	4/7-4/30	5:45-6:30pm
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Ages 11–18

### 6 classes | \$48R/\$53N

59036	M/W	5/4-5/20	6:30-7:15pm
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59095	Tu/Th	5/5-5/21	6:30-7:15pm
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### 7 classes | \$56R/\$62N

59034	M/W	4/8-4/29	6:30-7:15pm
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### 8 classes | \$64R/\$70N

59032	M/W	3/2-3/25	6:30-7:15pm
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59038	Tu/Th	3/3-3/26	6:30-7:15pm
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59040	Tu/Th	4/7-4/30	6:30-7:15pm
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## DBAC Summer Recreational Swim Team

### DBAC Piranhas

DBAC competes in the Tri-Valley Swim League. To qualify, each swimmer must be able to compete in at least 6 of 8 dual meets and each swimmer's family must volunteer at 6 of 8 dual meets.

Swimmers new to DBAC will need to attend evaluations. Evaluations will be held on 3/7 and 3/21 from 9am to 11am. Evaluations will be used by DBAC coaches to help assess each swimmer's stroke technique and endurance. Please note: attending an evaluation does not guarantee a spot on the team. **Registration will be on a first come, first serve basis. Resident registration begins: Monday, March 23 at 9am. Nonresident registration begins: Monday, April 6 at 9am.** For additional information visit, [www.PleasantonAquaticCenter.com](http://www.PleasantonAquaticCenter.com)

\*Look for Fitness Swimming (formerly DBAC B Team) in the Summer Activity Guide.

Ages	6 & under	7-8	9-10	11-12	13-14	15 & up
Boys	59112	59113	59114	59115	59116	59117
Girls	59118	59119	59120	59121	59122	59123





# Red Cross Certification



## Ages 16 and up Water Safety Instructor

Upon successful completion of this course, students will be qualified to teach American Red Cross Learn to Swim courses and issues corresponding certifications. This course is a blended learning opportunity which will allow students in-person water training paired with online learning sessions. Note: class times do not reflect required online learning sessions. An additional \$35 non-refundable fee, payable to the American Red Cross will be due following the first class session. Prerequisites: 16 years old, possession of Red Cross Level IV swimming skills, 1 minute back float, 1 minute of treading water.

### 5 classes | \$180R/\$198N

58964	Sa+	4/11	8:00-10:00am
	Sa/Su	4/26-5/9	8:00am-5:00pm

## Ages 10 and up

### Basic Water Rescue

This class provides individuals with the information and skills necessary to prevent, recognize, and respond to aquatic emergencies. This course will also prepare individuals for aquatic emergencies by teaching them how to protect themselves when assisting others. This course is not a substitute for Lifeguarding Certification; however, this course is excellent for camp counselors, day care providers, health and fitness facility employees, and others who are around water on a regular basis. Prerequisites are Level V swim skills.

### 1 class | \$75R/\$83N

59181	Sa	2/28	8:00am-Noon
59182	Sa	3/28	8:00am-Noon

## SPRING BREAK CAMP

## Ages 11 and up

### Junior Guard Program

Get a start in the Aquatics profession by learning about lifeguarding. Gain valuable job skills while having fun with your friends at the pool. This course includes the following American Red Cross classes: Guard Start, which teaches basic lifesaving techniques, Water Safety Instructor Aide, which teaches swim instruction methods and class management. This program is a requirement for those wishing to volunteer at the aquatic center this summer. **Please note: This program will not be offered again in the summer, sign up today!**

### 5 classes | \$72/\$79

58963	M-F	3/30-4/3	9:00am-4:00pm
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## Ages 15 and up

### Lifeguarding

Get a jump start on your future by training to be a lifeguard! This course combines online learning sessions with hands-on practice of first aid, CPR/AED, and lifeguarding skills. Note: Class times do not reflect online learning sessions. An additional \$35 non refundable fee, payable to the American Red Cross will be due following the first class session. For course prerequisites and more information on the blended learning course, visit [www.PleasantonAquaticCenter.com](http://www.PleasantonAquaticCenter.com).

### 6 classes | \$195R/\$215N

58772	Sa+	3/7	8:00-10:00am
	M-F	3/30-4/3	8:00am-2:00pm

# Adults – The Arts

Ages 18 and up

## Porcelain Painting

Learn the basics of design, mixing, and powder paints with an open media. Different brush strokes will be used to achieve an effect. Beginning students need no previous experience and will paint subject matter on a 6" x 6" tile. Supply list available upon registration. A \$30 kiln firing fee is due to instructor if you require firing.

Pleasanton Senior Center | Instructor: Ann Apperson

5 classes   \$106R/\$117N				
58899	W	1/28-2/25	12:15-3:45pm	
58900	W	4/1-4/29	12:15-3:45pm	



Ages 18 and up

## Pastel Painting Workshop

New students will be given basic instruction in the pastel medium while more advanced students can paint the subject of their choice with one-on-one help from the instructor. Students using other mediums are also welcome.

Firehouse Arts Center | Instructor: Debbie Wardrobe

4 classes   \$95R/\$105N				
58830	W	2/4-2/25	9:30am-12:30pm	
58831	W	3/4-3/25	9:30am-12:30pm	
58832	W	4/8-4/29	9:30am-12:30pm	
58833	W	5/6-5/27	9:30am-12:30pm	



Ages 18 and up

## Get Started in Pastel Painting Workshop

This intensive, one-day workshop is designed to help you get a jump start into the world of pastel painting. The instructor will demonstrate techniques and students will explore pastels through a series of exercises. Bring a lunch!

Firehouse Arts Center | Instructor: Debbie Wardrobe

1 class   \$85R/\$94N				
58828	Sa	2/21	10:00am-4:00pm	



Ages 18 and up

## Wheel Throwing—Hand Building

All levels welcome. No experience required. Class will cover basic throwing skills. A \$60 supply fee is due at the time of registration.

Cultural Arts Center | Instructor: Erin Davis

6 classes   \$136R/\$150N				
58814	W	1/21-2/25	7:30-9:30pm	
58811	M	1/26-3/2	10:30am-12:30pm	
58808	M	1/26-3/2	7:30-9:30pm	
58815	W	3/4-4/15*	7:30-9:30pm	
58812	M	3/9-4/20*	10:30am-12:30pm	
58809	M	3/9-4/20*	7:30-9:30pm	
58816	W	4/22-5/27	7:30-9:30pm	
58813	M	4/27-6/1	10:30am-12:30pm	
58810	M	4/27-6/1	7:30-9:30pm	

\*No class 3/30, 4/1

Ages 18 and up

## Beginning Ukulele

This class is for beginning students. Students will start with simple chords and strums, and use simple songs that will enhance your enjoyment of music and the ukulele. All students must provide their own instrument. Upon completion, students will be invited to Intermediate Ukulele.

Pleasanton Senior Center | Instructor: Leonard Cooper

5 classes   \$75R/\$83N				
58889	M	2/2-3/2	7:00-8:00pm	



Ages 18 and up

## Intermediate Ukulele

Prerequisite: Beginning Ukulele

Upon completion of level 2, students will be invited to join the Pleasanton Ukulele Band. The Pleasanton Ukulele Band is comprised of ukulele players, singers, dancers and percussionists. The band will be working towards putting on a concert in summer.

Pleasanton Senior Center | Instructor: Leonard Cooper

5 classes   \$75R/\$83N				
58890	M	3/16-4/13	7:00-8:00pm	

Ages 18 and up

## Beginning Plus Guitar

Come learn cool songs and riffs using chords, tabs and notes. Develop a fun skill that will not only expand your brain but also help you make friends and channel your energy. Bring your own guitar. A \$10 supply fee is due at the time of registration.

Nature House | Instructor: Debra Knox

6 classes   \$189R/\$218N				
58887	M	2/2-3/9	8:00-8:55pm	
58888	M	3/23-4/27	8:00-8:55pm	



Ages 18 and up

## Painting Monet's Garden

Come join us for this one day workshop as the instructor demonstrates how to start and build a pastel painting scene from Monet's garden. Some drawing experience is helpful. Bring a lunch!

Firehouse Arts Center | Instructor: Debbie Wardrobe

1 class   \$85R/\$94N				
58829	Sa	4/18-4/18	10:00am-4:00pm	



# The Arts

## ART SKILLS WITH CAROLYN LORD

Ages 12 and up

### Composition Class

Composition is the design or arrangement of line value and color in art. Through lecture, demonstration and exercises, students will learn to develop their compositional skills, ready to apply it to their own artwork.

Firehouse Arts Center | Instructor: Carolyn Lord

3 classes   \$100R/\$110N				
58915	Tu	2/3-2/17	9:00am-Noon	

Ages 18 and up

### Drawing and Painting the Figure

Open Studio for artists and art students. Professional nude model. Long pose. No instruction. All media; no strong solvents. Once a month Saturday class: 2/28, 4/25, 5/30.

Firehouse Arts Center | Instructor: Carolyn Lord

3 classes   \$100R/\$110N				
58946	Sa	2/28-5/30	9:00am-1:00pm	



Ages 18 and up

### Hand Painting on Glass

Participants will learn to paint on clear and colored glass like candleholders, wine glasses, vases, and plates using different designs to change any ordinary glass to an artwork. Students will be guided throughout the class with a step-by-step demonstration. No experience is needed. Class taught by Zina Kassab. \$20 supply fee due at the time of registration.

Firehouse Arts Center Classroom A | Instructor: Zina Kassab

7 classes   \$140R/\$154N				
58949	Tu	2/3-3/24*	6:30-8:30pm	
58950	Tu	4/7-5/19	6:30-8:30pm	

\*No class on 2/17



Ages 18 and up

### Plein Air Painting in Pleasanton

Firehouse Arts Center's downtown location makes it easy to find picturesque street scenes to paint. Instruction will focus on drawing, composition, and values. All media. Students provide their own materials. Once a month Saturday class: 2/21, 3/21, 4/18. Prior or concurrent enrollment in Perspective for Painters is suggested.

Firehouse Arts Center | Instructor: Carolyn Lord

3 classes   \$100R/\$110N				
58947	Sa	2/21-4/18	9:00am-1:00pm	

Ages 12 and up

### Perspective for Painters

Lord's class is for the novice and the artist seeking to refine their skills. Students will learn to observe and draw in perspective. Course includes lectures, demonstrations, and exercises, culminating in drawing street scenes near the Firehouse Arts Center. Class fee includes instruction and materials.

Firehouse Arts Center | Instructor: Carolyn Lord

10 classes   \$250R/\$275N				
58914	M	2/2-4/20*	10:00am-Noon	

\*No class on 2/16, 3/9

Ages 17 and up

### Art in Colored Pencil

Choose your own subject. This class will feature weekly demonstrations. Detailed realism and creativity come together in this class! Items required: Prismacolor colored pencils and sharpener. [www.PMAGovern.com](http://www.PMAGovern.com) Firehouse Arts Center Classroom A | Instructor: Peggy Magovern

5 classes   \$125R/\$138N				
58801	Th	2/5-3/5	12:30-3:30pm	
58803	Th	3/12-4/9	12:30-3:30pm	

Ages 12 and up

### Art Made Easy II/III

Fun with Watercolor! Painting in studio and on location. A different lesson each week. Experimenting with collage, different techniques and mixed media. Some experience required. Students can review *Art Made Easy* basic course on DVD at the Pleasanton Library.

Firehouse Arts Center Classroom B | Instructor: Charlotte Severin

6 classes   \$86R/\$95N				
58835	Th	3/12-4/23*	1:00-4:00pm	

\*No class on 4/2

# Exercise & Wellness

Ages 15 & Up

### Muay Thai

This class will focus on proper techniques and will provide a solid workout. Classes consist of warm ups, partner drills, pad and mitt training, bag work and calisthenics. Come have some fun!

Crispim BJJ Studio | Instructor: Crispim De Almeida

12 classes   \$145R/\$160N				
59277	Tu/Th	2/3-3/12	7:30-8:30pm	
59278	M/W	4/6-5/13	6:30-7:30pm	

Ages 15 & Up

### Functional Fitness

Come join us for this fun and effective workout. Functional Fitness is a highly intense class using cardio and functional movements to challenge each individual's fitness level. Open to all fitness levels, but must love to be challenged.

Crispim BJJ Studio | Instructor: Crispim De Almeida

12 classes   \$145R/\$160N				
59279	M/W	2/2-3/11	6:30-7:30pm*	
59280	Tu/Th	2/3-3/12	6:00-7:00am	
59282	Tu/Th	4/7-5/14	12:00-1:00pm	

\*No class 2/16

# Exercise & Wellness

## EXERCITEMENT FITNESS

These classes are effectively designed for all levels of fitness (both male and female).

**Instructor: Terri Gonzalez | email: thgexrct@aol.com**

**Info: www.exercitementfitness.weebly.com**

**Ages 16 and up**

### Get Pumped!

Get toned and strong! This class is designed to condition and strengthen major muscle groups in both the upper and lower body. Terri will guide you through a total body workout (no cardio), using resistance tubes, body balls and free weights. Please bring a mat and 1-10 lb weights; instructor will provide other resistance equipment.

Pleasanton Senior Center | Instructor: Terri Gonzalez

4 classes   \$26R/\$29N			
58855	Th	2/5-2/26	6:15-7:15pm
58856	Th	3/5-3/26	6:15-7:15pm
58858	Th	5/7-5/28	6:15-7:15pm
5 classes   \$32R/\$36N			
58857	Th	4/2-4/30	6:15-7:15pm

**Ages 16 and up**

### Getting to the CORE:

#### Pilates/Yoga Fusion AM

A unique blend of basic mat pilates, core conditioning, and fundamental Yoga principles to achieve strength, balance, and flexibility. Class may be practiced in bare feet, but a mat is required for everyone.

Cultural Arts Center | Instructor: Terri Gonzalez

4 classes   \$38R/\$41N			
58862	Sa	4/4-4/25	8:00-9:00am
58863	Sa	5/2-5/30*	8:00-9:00am
3 classes   \$29R/\$32N			
58860	Sa	2/7-2/28*	8:00-9:00am
58861	Sa	3/7-3/28*	8:00-9:00am

\*No class 2/14, 3/14, 5/23

**Ages 13 and up**

### Get on the Ball!

The keys to a great posture and a healthy back are good balance and a strong core. This 6-week progressive class assists in strengthening the core muscles using a variety of techniques on the popular Stability Ball. Please bring a ball, mat and light weights.

Pleasanton Senior Center | Instructor: Terri Gonzalez

6 classes   \$49R/\$54N			
58850	Tu	4/28-6/2	6:15-7:15pm

**Ages 16 and up**

### Cardio Groove

Exercise can be fun! An hour of combined cardio, strength, and flexibility training. The workout is designed to burn calories, improve cardiovascular endurance, and strengthen muscles. Class will end with a relaxing stretch to calm the body and mind. Please bring a mat and 1-10 lb weights.

Pleasanton Senior Center | Instructor: Terri Gonzalez

3 classes   \$20R/\$22N			
58848	M	5/4-5/18	6:30-7:30pm
58845	M	2/2-2/23*	6:30-7:30pm

\*No class 2/16

4 classes   \$26R/\$29N			
58847	M	4/6-4/27	6:30-7:30pm
5 classes   \$32R/\$36N			
58846	M	3/2-3/30	6:30-7:30pm

**Ages 13 and up**

### Getting to the CORE:

#### Pilates/Yoga Fusion

A unique blend of basic Mat Pilates, Core Conditioning, and fundamental Yoga principles to achieve strength, balance, and flexibility through this 6-week progressive series. Class may be practiced in bare feet, but a mat is required for everyone.

Pleasanton Senior Center | Instructor: Terri Gonzalez

6 classes   \$49R/\$54N			
58849	Tu	3/3-4/7	6:15-7:15pm

**Ages 14 and up**

### Cardio Sculpt

Variety is the spice of life! This hour-long class varies from week to week, incorporating a different format each week. Cardio-based workout will include but not be limited to: 20/20/20 (20 min. each of cardio, strength, and flexibility), Interval Training, CardioBox, and Butts & Guts. Please bring a mat and 1-10 lb weights.

Pleasanton Senior Center | Instructor: Terri Gonzalez

4 classes   \$26R/\$29N			
58851	W	2/4-2/25	6:30-7:30pm
58852	W	3/4-3/25	6:30-7:30pm
58853	W	5/6-5/27	6:30-7:30pm
5 classes   \$32R/\$36N			
58854	W	4/1-4/29	6:30-7:30pm

**Ages 18 and up**

### Gentle Yoga

Enjoy a luxurious practice in a peaceful and supportive environment. Our practice will be devoted to floor postures, relaxing and meditation. Benefits of gentle yoga are to reduce stress, and enhance feelings of overall peacefulness including feeling centered, grounded and calm! Be ready to learn correct yoga alignment with hands-on assistance from your certified yoga instructor, Beth Fox.

Cultural Arts Center | Instructor: Beth Fox

8 classes   \$136R/\$150N			
58804	F	2/6-3/27	9:00-10:15am
58806	Tu	2/10-3/31	9:00-10:15am
58805	F	4/3-5/22	9:00-10:15am
58807	Tu	4/7-5/26	9:00-10:15am

**Ages 18 and up**

### Prenatal Yoga & Support

Enjoy an hour of yoga plus time for sharing the ups and downs of pregnancy in a supportive environment led by a childbirth and fitness educator. Poses, breathing and deep relaxation will help increase comfort during pregnancy and prepare the body and mind for childbirth. Please bring a yoga mat and blanket/firm pillow.

Veterans Memorial Building | Instructor: Nancy Larson

4 classes   \$72R/\$80N			
58921	Tu	2/3-2/24	11:45am-1:15pm
58924	Tu	3/3-3/24	11:45am-1:15pm
58925	Tu	4/7-4/28	11:45am-1:15pm
58926	Tu	5/5-5/26	11:45am-1:15pm

**Ages 18 and up**

### Yoga with Lorey

Yoga creates a calm, clear mind while building strength, flexibility, balance and coordination. Therapeutic yoga promotes healing that relieves stress and fatigue, and assists in recovering from injury and illness. It releases stiffness, rejuvenates muscles and lubricates joints. It creates stillness of mind and body and allows relaxation. Please bring a thick blanket and a sticky mat to class.

Cultural Arts Center | Instructor: Lorey Wallace

8 classes   \$120R/\$134N			
58932	M	2/2-4/6*	6:00-7:15pm
58928	M	2/2-4/6*	7:30-8:45pm
58933	M	4/13-6/8*	6:00-7:15pm
58929	M	4/13-6/8*	7:30-8:45pm

\*No class 2/16, 3/9, 5/11



# Exercise & Wellness

Ages 13 and up

## Basic Boot Camp Fitness | *New!*

New to Fitness Boot Camps? Learn boot camp basics during six, 30-minute small group training sessions. The limited class size will ensure that you learn perfect form so that you can graduate to our marquis Fitness Boot Camp classes!

Shape Up! Fitness | Instructor: Chris Maloney

6 classes   \$120R/\$132N				
58934	M/F	2/2-2/20	8:30-9:00am	
58935	M/W	2/2-2/18	5:30-6:00pm	
58936	M/F	3/2-3/20	8:30-9:00am	
58937	M/W	3/2-3/18	5:30-6:00pm	
58938	M/F	4/6-4/24	8:30-9:00am	
58939	M/W	4/6-4/22	5:30-6:00pm	
58941	M/F	5/4-5/22	8:30-9:00am	
58940	M/W	5/4-5/20	5:30-6:00pm	

Ages 13 and up

## UJAM Dance Fitness | *New!*

UJAM is an athletic hip-hop dance fitness workout that combines easy-to-learn steps and high energy music for a workout that gets your heart rate up, your body moving, and make you work up a sweat in no time—all while having fun!

Shape Up! Fitness | Instructor: Chris Maloney

12 classes   \$50R/\$55N				
58942	Tu/Th/Sa	2/3-2/28	7:00-8:00pm	
13 classes   \$50R/\$55N				
58943	Tu/Th/Sa	3/3-3/31	7:00-8:00pm	
58944	Th/Sa/Tu	4/2-4/30	7:00-8:00pm	
58945	Sa/Tu/Th	5/2-5/30	9:00-10:00am	

Ages 16 and up

## Tahitian Blast | *New!*

Tahitian Blast combines traditional Tahitian and Polynesian dance with fresh fitness moves. Each 45 minute class focuses on basic Tahitian dance moves that will blast away calories and get you movin' and shakin! Optional sarong available for \$10.

Amador Recreation Center | Instructor: Adrienne Oliveira

8 classes   \$64R/\$71N				
59232	Th	2/5-3/26	6:30-7:15pm	
59233	Th	4/9-5/28	6:30-7:15pm	

Ages 13 and up

## Bombay Jam—Total Body Workout | *New!*

Bombay Jam incorporates cardio and toning routines into action-packed total body workout, and routines are set to custom music mixes created by Bollywood's hottest DJs. In just an hour-long class, you can burn up to a whopping 800 calories! Safety, effectiveness and loads of fun are essential ingredients of this awesome program! Bring your yoga mat and water bottle.

Amador Recreation Center | Instructor: Padma Subbaraman

16 classes   \$102R/\$112N				
58965	Th	2/5-5/28	12:00-1:00pm	
58967	F	2/6-5/29	12:00-1:00pm	

\*No class 4/2, 4/3

Ages 18 and up

## Belly Dance

Belly dance is a fun and glamorous way to get fit, tone up, and make new friends. Suitable for men and women of all ages, fitness levels and body shapes, belly dance works with the body's natural movements to create flowing shapes, impressive shimmies, and dramatic performances. Optional coin belt can be purchased for \$35 from the instructor.

Cultural Arts Center | Instructor: Sara Shrapnell

### Belly Dance—Level 1

8 classes   \$100R/\$110N				
58817	Tu	2/3-3/24	7:00-8:00pm	
58820	Th	2/5-3/26	10:30-11:30am	

6 classes   \$75R/\$83N				
58819	Tu	4/14-5/19	7:00-8:00pm	
58821	Th	4/16-5/21	10:30-11:30am	

### Belly Dance—Level 2

8 classes   \$100R/\$110N			
58823	Tu	2/3-3/24	8:00-9:00pm
6 classes   \$75R/\$83N			
58825	Tu	4/14-5/19	8:00-9:00pm

Ages 18 and up

## Mindfulness for Parents

In this introductory workshop, parents find out what mindfulness is by experiencing it and through learning about its connection to neuroscience. You will be amazed at what mindfulness does for the brain. For more information, visit [www.bellamenti.com](http://www.bellamenti.com)

Nature House | Instructor: Kathryn Tournat

1 class   \$35R/\$39N				
58901	Sa	2/21-2/21	1:30-3:30pm	
58902	Sa	4/11-4/11	1:30-3:30pm	

Ages 12 and up

## Zumba

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's a high-energy, easy-to-follow, Latin-inspired, calorie-burning dance-fitness party. No prior Zumba or dance experience is necessary. Come join the party!

Veterans Memorial Building | Instructor: Diana Robinson



10 classes   \$100R/\$110N				
58798	Th	2/19-4/30*	6:30-7:30pm	

\*No class 4/2

4 classes   \$40R/\$44N				
58799	Th	5/7-5/28	6:30-7:30pm	

Ages 21 and up

## Peace for Moms!

In this innovative, non-religious workshop, we will explore 10 themes common to all people, such as Peace, Inner Strength, Hope and Clarity. Videos, workbooks and expressions make up this interactive workshop. Come enjoy 1- 1/2 hours for yourself, tea break included, in five weekly sessions before Spring break and five after the break. \$6 supply fee is due at the time of registration.

The Healing Journey | Instructor: Kathy Lorenz

10 classes   \$20R/\$22N				
58837	Tu	2/24-5/5*	9:30-11:00am	

\*No class 3/31

Ages 18 and up

## Tai Chi for Health

Tai Chi for Health improves relaxation, balance, posture and immunity. The program has been proven by scientific studies to ease pain and increase overall wellness. It is taught in easily-learned steps that can be practiced at home, promoting mind and body integration.

Cultural Arts Center | Instructor: Kathy Lorenz

8 classes   \$60R/\$66N				
58826	Th	2/5-3/26	6:00-7:00pm	
58827	Th	4/9-5/28	6:00-7:00pm	



# Sports • Open Gym

Ages 18 and up

## Adult Basketball League

Show off your skills in one of our men's basketball leagues that provide the perfect combination of fun and competition. In order to register as a team, you must have a minimum of six (6) players on your roster.

Pleasanton Middle School

### Basketball League—Intermediate

8 classes   \$520R/\$550N			
58978	W	3/11-4/29	6:00-10:00pm

### Basketball League—Novice

8 classes   \$520R/\$550N			
58977	W	3/11-4/29	6:00-10:00pm

Ages 18 and up

## Adult Bocce League

Join the fun and register for one of our co-ed bocce leagues! New-to-the-sport participants are highly encouraged to try out this fun, 'low-key' league. In order to register as a team, you must have a minimum of four (4) players on your roster.

Pleasanton Senior Center

### Bocce—Beginner

8 classes   \$99R/\$115N			
58975	Tu	3/17-5/5	6:00-10:00pm
58974	W	3/18-5/6	6:00-10:00pm

### Bocce—Advanced

8 classes   \$99R/\$115N			
58973	Tu	3/17-5/5	6:00-10:00pm

Ages 18 and up

## Adult Volleyball League

Join us for fast-paced, indoor fun! Whether you are new to the game or a volleyball enthusiast, we have the perfect league for you! In order to register as a team, you must have a minimum of six (6) players on your roster.

Pleasanton Middle School

### Volleyball League—Advanced

8 classes   \$320R/\$350N			
58970	M	3/9-4/27	7:00-10:00pm

### Volleyball—Intermediate

8 classes   \$320R/\$350N			
58971	M	3/9-4/27	7:00-10:00pm

### Volleyball—Novice

8 classes   \$320R/\$350N			
58972	M	3/9-4/27	7:00-10:00pm

Ages 18 and up

## Club VIP Volleyball: Basic Volleyball

Participants will be instructed on the basics of volleyball including setting, bumping, spiking, and general game offense and defense techniques.

Pleasanton Middle School Gym | Instructor: Steven Wisner

5 classes   \$50R/\$55N			
59221	Su	3/8-4/12*	4:45-5:45pm

\*3/29 class at Harvest Park Middle School gym. No class 4/5.

Ages 21 and up

## Kidz Love Soccer: Soccer Training for Women

Whether you've been away from the game or always wanted to learn, come join us as we re-introduce you to soccer and see why it is the world's most popular sport. Brush up on your technique or get prepared to join a local soccer league. Our fun program is designed to build your skill set and increase overall fitness. Each class includes work on technique, ball skills and game awareness.

Ken Mercer Sports Park Turf Area | Instructor: Kidz Love Soccer Staff

6 classes   \$88R/\$97N			
59187	F	4/10-5/15	6:30-7:30pm



## Adult Softball

Spring into action and sign-up for an Adult Softball league! We offer divisions for all skills and abilities. Men's and co-ed leagues are scheduled Sunday-Friday nights. Registration for new teams begins 2/12 and leagues begin 3/29. If you are an individual player looking to join a team, please sign up for our Free Agent list at: [www.teamside-line.com/pleasanton](http://www.teamside-line.com/pleasanton). For complete registration information, please visit [www.pleasantonsports.org](http://www.pleasantonsports.org), or contact the Sports Office at (925) 931-3437.

## Open Gym Programs

Looking to try a new sport or practice one of your favorites? Lace up your tennis shoes and head over to one of our Open Gym Programs! All skill levels welcome! Equipment provided. Punch passes can be purchased online at [www.pleasantonfun.com](http://www.pleasantonfun.com) or in person at the Community Services Department, 200 Old Bernal Ave. Punch Passes have no expiration date. Single day admission passes must be purchased in advance at the Community Services Department Office. No cash or checks will be accepted at the gyms. For more information please contact the Sports Office at 925-931-3437.

HP Harvest Park Middle School, 4900 Valley Avenue

HMS Hart Middle School, 4433 Willow Road

PMS Pleasanton Middle School, 5001 Case Avenue

## Open Gym Basketball

Day	Time	Location
Sa	6:00-8:00am	HP
M, W	8:00-10:00pm	HMS
Fees		Punch Pass (15)
Resident	Single \$3.25	\$45
Non-resident	Single \$4.00	\$60

## Open Gym Volleyball

Day	Time	Location
Su*	6:00-9:00pm	PMS
Fees		Punch Pass (15)
Resident	Single \$4.75	\$67.50
Non-Resident	Single \$5.75	\$82.50

\*No program 4/5

Open to ages 6 and up

## Family Pickleball

Day	Time	Location
Su*	8:30-10:30am	PMS
Fees		Punch Pass (6)
Resident	Single \$3.00	\$15.00
Non-Resident	Single \$3.50	\$18.00

\*No program 4/5

For more information regarding sports programs, please contact:

**Joelle Glushenko | 931-3480**

[jglushenko@cityofpleasantonca.gov](mailto:jglushenko@cityofpleasantonca.gov)

**Rachel Prater | 931-3443**

[rprater@cityofpleasantonca.gov](mailto:rprater@cityofpleasantonca.gov)

**Nilo Velazquez | 931-3439**

[nvelazquez@cityofpleasantonca.gov](mailto:nvelazquez@cityofpleasantonca.gov)



# Senior Center Information

5353 Sunol Boulevard | 931-5365  
www.pleasantonseniorcenter.org  
Monday-Friday 8:30am-4:30pm



Office/Information ..... 8:30am to 4:30pm .....931-5365  
Paratransit ..... 9:00am to 3:00pm .....931-5376  
Senior Meals ..... 9:30am to 1:30pm .....931-5365  
Senior Support, M-Th ..... 8:30am to 4:00pm .....931-5379  
VIP Senior Club & Travel  
Desk, M-Th ..... 10:00am to 2:00pm .....931-5370  
Peddler Shoppe ..... 10:00am to 4:00pm .....931-5371  
RADD ..... 8:30am to 4:00pm .....931-5373

For information on Support Groups, Monthly Services and Senior Meals,  
please visit the website [www.pleasantonseniorcenter.org](http://www.pleasantonseniorcenter.org)

## Support Groups Offered at the Senior Center

### Caregiver's Support Groups

Open to all caregivers responsible for care of persons with Alzheimer's, dementia and other related illnesses. Meets in the Senior Center Classroom, second Monday of each month from 1:00-3:00pm. Please contact facilitator at 931-5379. Sponsored by the Senior Support Program of the Tri-Valley.

### Parkinson's Support Group

Offered on the second Saturday of each month, 10:00am-Noon at the Pleasanton Senior Center (Senior Support Area). Call 831-9940 for more information. Those with Parkinson's disease and their families are welcome to attend. Co-sponsored by the Parkinson's Network of Mt. Diablo.

### Senior Support Program of the Tri-Valley

Senior Support provides a variety of services to assist seniors in maintaining their health and independence. Services to those 60 and older, living in Pleasanton, Livermore, Dublin and Sunol, include: case management; an in-home registry; in-home counseling; health screening and friendly visiting.  
The staff can be reached at 931-5379

## Monthly Services

Refer to the Monthly Calendar for details:

- Caregivers Support Group (Senior Support Program)
- Dental Consultations (off site)
- Foot Care/Health Screening (sponsored by Senior Support Program)
- Medicare & HMO Counseling (HICAP)
- Parkinson's Support Group
- Pharmacy Drop-In Q & A (Second Tuesday of the month)
- Notary Public
- Legal Assistance for Seniors (LAS)
- Eye Glass Adjustments
- Estate Planning Counseling (with Estate Planning lawyer)
- Fraud Counselor (w/certified fraud counselor by appointment)
- Hearing Aid Cleaning (second Tuesday of the month)

## Wiesner Senior Fund

Emergency one-time grants or loans, in nominal amounts, are available for adults aged 60 or older who are in immediate need of assistance. Applications for this valley-wide, non-profit emergency fund are available at the Senior Support Program. All requests and information are confidential. Call 931-5379 for information.



## Senior Meals • 931-5365 Lunch at the Sage Café Monday-Friday 11:45am-1:00pm

A partnership with Open Heart Kitchen and the City of Pleasanton

- Seniors (60+) or disabled adults regardless of income
- \$3.00 donation

## Dinner at Ridgeview Commons • 484-5131

5200 Case Avenue  
Sponsored by Open Heart Kitchen

## Meals on Wheels

Sponsored by Spectrum Community Services

- For any adult, 60 and older, unable to shop or cook
- Nutritious, hot meals can be delivered M-F
- Frozen meals delivered, if needed, for weekends
- Special diets available
- \$3.75 donation

Information: 931-5385, 10:00am-1:00pm

# Weekly Calendar

## Spring 2015 | Pleasanton Senior Center

<b>Mondays</b>	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	1:00-3:00pm	Bingo (1 <sup>st</sup> , 3 <sup>rd</sup> and 5 <sup>th</sup> Mondays)\$
	1:00pm	Movie Madness (1 <sup>st</sup> , 3 <sup>rd</sup> and 5 <sup>th</sup> Mondays—Free)
<b>Tuesdays</b>	9:00am-4:00pm	Woodcarvers\$
	9:00-10:00am	ZUMBA Gold•
	10:15-11:15am	Fit for Fifty•
	11:45am-1:00pm	Tai Chi (Beginning)•
	12:45-3:45pm	Drop-In Cards, Poker\$
	1:00-4:30pm	American Style Mah Jong\$
	1:10-2:25pm	Tai Chi (Intermediate)•
<b>Wednesdays</b>	3:00-4:15pm	Beginning Yoga•
	9:00-10:00am	Strength & Tone•
	9:00-10:30am	Walking Group (Free)
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	10:00am-Noon	Arts & Crafts (Cost varies per project)
	10:15-11:10am	Fall Prevention Exercise Class*
	1:00-3:00pm	Bingo\$
	1:00-3:00pm	Book Club\$
<b>Thursdays</b>	9:00am-Noon	Words in Bloom (1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays)\$
	9:00am-Noon	Drop-In Woodshop\$
	9:30-11:30am	Pleasanton Peddlers Bicycle Group (Free)
	10:00am-Noon	Senior Players (Free)
	10:00-11:15am	Yoga (All levels)•
	12:45-3:45pm	Drop-In Cards, Poker\$
	1:00-4:30pm	Contract Bridge (reservation required)\$
<b>Fridays</b>	9:00-10:00am	ZUMBA Gold•
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	9:00-11:30am	Knitting\$
	10:00-11:30am	Brain Matters\$ (1 <sup>st</sup> and 3 <sup>rd</sup> Fridays)
	10:15-11:15am	Fit for Fifty•
	1:00-3:00pm	Bingo\$
	1:00-4:00pm	American Style Mah Jong\$
	1:30-2:45pm	Line Dance—Beginning•
	3:00-4:15pm	Line Dance—Intermediate•
<b>Weekdays</b>	8:00am-3:00pm	Paratransit Service
	10:00am-4:00pm	Peddler Shoppe Open

### Monthly Calendar

Drop by the Senior Center to obtain your copy of the Monthly Calendar which details services, activities, special events, and classes at the Center; or simply visit our website at [www.pleasantonseniorcenter.org](http://www.pleasantonseniorcenter.org).

### Activity Program Notes:

#### Pleasanton VIP Senior Club Luncheon

2nd & 4th Monday 11:00am-1:00pm

#### Coffee & Conversation with the Experts (FREE)

2nd Tuesday 10:30-11:30am

#### PC Users Group\$

4th Thursday 10:00am-Noon

#### Newcomers Welcome• (FREE)

2nd Wednesday 10:30am-Noon

#### Photo Club\$

2nd Wednesday 1:30-3:00pm

#### Education and Enrichment

#### Activities Key

- Sponsored by the City of Pleasanton:

Day, evening & weekend classes of interest to mature adults are listed throughout this Guide. Registration must be completed by the second class meeting. New opportunities begin quarterly.

#### \$ Drop-In Fees Apply:

\$1.75R/\$2.25N (except Woodshop)

- \* Sponsored by the Senior Support Program of the Tri-Valley

Proof of age may be required for some programs





# Drop-In Programs

## Coffee & Conversation

Free



### Your Life. Your Legacy.

**Presented by Chris Alvear, Dignity Memorial**

Many of us plan for college, weddings and retirement but often do not plan for the inevitable. Discover four simple steps to effectively plan your final arrangements. Learn about the different options available that will accommodate your wishes so you and your family will have peace of mind.

Tu 2/10 10:30-11:30am

### Chiropractic, 120 Years of Wellness

**Presented by Dr. Rob Walsh, Walsh Chiropractic**

Dr. Walsh will speak about Chiropractic care and the importance of an individualized wellness program. The presentation will include condition specific exercise and nutrition advice as well as addressing the importance of maximizing mechanics to maximize results.

Tu 3/10 10:30-11:30am

### Warning Signs of Dementia

**Presented by Dr. Michael Nelson, Memento**

Dr. Nelson a board certified neurologist, will discuss the warning signs of early dementia, what is normal forgetfulness, and what can be done to prevent dementia.

Tu 4/14 10:30-11:30am

### Osteoporosis & Bone Health

**Presented by AmericanBoneHealth.org**

American Bone Health provides education, tools and resources to help people understand bone disease and bone health. This free presentation will cover exercise, nutrition, medications, daily practices to help prevent bone loss and questions to ask your doctor.

Tu 5/12 10:30-11:30am

## Pleasanton Senior Center | \$1.75R/\$2.25N

### Brain Matters

Learn how to keep your brain active and your memory sharp. Bi-monthly meetings consist of word games, puzzles, challenging activities, reminiscing, socials and more. All geared to age proof your mind.

1st & 3rd F On-going 10:00-11:30am

### Knitting

Join the Center's knitting group and learn to knit, refresh your skills, pick up some new tips, share techniques you've learned, get help with that pesky "UFO", or just sit, knit and plan to laugh a lot.

Instructor: Stacy Dennig

F On-going 9:00-11:30am

### Words in Bloom

Words in Bloom, is a writers workshop for seniors. Everyone has a story, come and share yours. You have a legacy to share with your loved ones. Along the way you will learn to create a new story from your imagination.

1st & 3rd Th On-going 9:00am-12:00pm

### Photo Club

The Photo Club meets at the Senior Center on the second Wednesday of every month at 2:00pm and is open to any senior who enjoys the hobby of photography at any level. It is suggested that you have some form of a digital camera of any type—from a point and shoot to a single lens reflex camera. We share our photos and make suggestions how the photos might be improved. Meetings will also offer occasional speakers, field trips and themes.

2nd W Ongoing 2:00pm

### Chat with the Nat

Join the City Naturalist as he brings the wonder of the outside world to the Senior Center for an on-going lecture series on a wide array of topics that cover the local natural world and vicinity. Lectures will include slide shows, hands on materials, visits from a few of his special little furry and crawling friends, and plenty of time for Q&A. This is an easy way to explore the great outdoors, indoors!

Tu 2/24, 3/24, 5/19 1:00-2:00pm

## Free Fitness & Health

### Pleasanton Sole Mates

Do you love the outdoors and want a fun way to exercise? Walking is one of the easiest and most cost effective forms of exercise for adults age 55 and older. Join our weekly walking group on Wednesday mornings. We will trek to local venues while enjoying the great outdoors. Most walks will be suitable for all fitness levels. Times vary.

W On-going 8:45-10:00am

### Fall Prevention Exercise Class

Join exercise instructor Liz Brown for a free exercise class that focuses on strength and flexibility. Other benefits are improved health and well-being, more stamina and energy and a decrease in the likelihood of falls. Offered in the Main Hall and sponsored by the Senior Support Program of the Tri-Valley.

W On-going 10:15-11:10am

### Pleasanton Pedalers

If you love cycling, making new friends, and want to have lots of fun, this group is for you! Rides will be at an easy pace, from 15 to 25 miles long—no rider will be left behind. Group meets at the Senior Center parking lot. A signed waiver is required of all riders. For more information, log on to [meetup.com/PleasantonPedalers](http://meetup.com/PleasantonPedalers) or call ride leader Steve McGinnis at (925) 200-9031. No drop in fee.

Th On-going 9:00am



# Enrichment & Special Interest

## Pleasanton Senior Players

If you love theater and comedy and have always dreamed about performing on stage, stop by and meet volunteers from this creative and fun-loving cast. Since they love to make people laugh, they're always working on a hilarious comedy or melodrama and their season finale production lands them at the Pleasanton's Firehouse Arts Center! The group also presents Readers Theater style comedies at local senior housing complexes, skilled nursing homes and hospitals throughout the year. And there's always room for enthusiastic supporting cast and crew, especially in the areas of costumes and set design. For more information, please contact Frances Jensen at (925) 858-8892.

Every Th On-going 10:00am-12:00pm

## AARP Mature Driver Courses

Refine your driving skills and reacquaint yourself with the rules of the road. At the conclusion of this two-session course, you'll be issued a certificate of completion, which may qualify you for an insurance discount. Registration fee payable by check to AARP on the first day of class. Class limited to 24 participants. Please pre-register at the Senior Center Receptionist Desk or call 931-5365.

Pleasanton Senior Center | Instructor: Jeannie Yanoska

### Traditional Class

**2 classes | \$15.00 (AARP member)/\$20.00**

**58968** W 1/21-1/28 8:30am-12:30pm

**58969** W 5/20-5/27 8:30am-12:30pm

## Renewal Certificate

(Must have passed the original class in the last four years)

Pleasanton Senior Center | Instructor: Jeannie Yanoska

**1 class | \$15.00 (AARP member)/\$20.00**

**58976** W 3/18 8:00am-1:00pm

## Tea Time Social

An enchanting tea experience awaits you at the Center's monthly Tea Time Social. Beautiful vintage china cups filled with delicious assorted teas in a festively decorated room, cookies for the sweet tooth and, of course, the fine art of conversation. Come and enjoy a spot of tea! No cost.

1st Th On-going 1:00-2:30pm

## May is Older Americans Month

Celebrate Older Americans Month at the Pleasanton Senior Center by joining us for a number of special programs. Events includes the annual Art Made Easy exhibit and artists receptions, free Coffee Day and free Activities Day. Our celebration culminates with a delicious BBQ luncheon on Wednesday, May 27 at 11:30am, and includes dessert, music and special Bingo prizes for the afternoon game. Cost: \$3.00. Please call (925) 931-5365 to make reservations.

## Annual Winter Dance

The National Charity League, in partnership with the Pleasanton Senior Center, is proud to sponsor its annual Winter Dance. This festive evening includes lively Big Band and Ballroom dance music hosted by a DJ and a delicious dessert. No charge but pre-registration is required. For more information, please call 931-5365.

### Free of charge

**59003** Sa 2/21 7:00-9:00pm

## Movie Madness

Offered every 1st and 3rd Monday of the month at 1:00pm. Features large screen and theater-style sound, with movies that range from old classics to the more recent favorites (monthly movie schedule available at the Senior Center).

### Free of charge

Show dates: Feb. 2, March 2, 16 and 30, April 6 and 20, and May 4 and 18.

## Newcomer's Welcome

Are you new to Pleasanton or the Senior Center? Discover all the programs, classes and services available to you during this one hour orientation. Your facilitator will also take you on a tour of the Center grounds and surrounding Centennial Park. Finally, you'll receive a coupon for a free lunch at the Sage Café, located in the Center's Main Hall. No charge.

2nd Wed On-going 10:30am

## The Peddler Shoppe

Discover the unique, hand-crafted treasures that await you at the Peddler Shoppe. You'll find great gift ideas for any holiday—jewelry, accessories, woodwork, linens and toys! And, we also have an amazing selection of colorfully knitted baby blankets, bonnets and booties.

**Location:** Pleasanton Senior Center

**Shop Hours:** Monday–Friday, 10:00am–4:00pm

## Pleasanton Paratransit Transportation Service\*

Available to persons 70+ years of age and ADA-qualified persons age 18 and above.

*No weekend service.*

**Transportation Hours:** M-F, 8:00am-5:00pm

**Registration required:** 931-5376

**Reservations:** 9:00am-3:00pm, 3-14 days in advance

## Downtown Route (DTR)\*

DTR, a service of Pleasanton Paratransit Service, is a same-day, fixed route transit service that operates throughout Pleasanton. This affordable service connects senior housing complexes to the downtown area and other popular destinations, including ValleyCare Medical Center, Safeway, Kaiser, Walmart, Trader Joe's and Stoneridge Mall.

Tickets: \$1.50 per day—Available at the Senior Center

**Transportation Hours:** T, Th and F, 8:00am-4:00pm

For more information, call 931-5376

*\*Partially funded by Measure B Funds,*

*Alameda County Transportation Commission*



## Travel Ambassadors

City of Pleasanton Travel Ambassadors offer FREE individualized assistance to participants interested in learning how to use public transportation options including WHEELS, BART, Pleasanton Paratransit and Downtown Route. Call 931-5376 to make an appointment for this service

## Ages 50 and up

### Pleasanton VIP Senior Club

The Pleasanton VIP Senior Club meets at lunch for a business meeting on the 2nd Monday and entertainment on the 4th Monday of each month. Membership is open to anyone 50 and up and benefits include entertainment, guest speakers, special events, and travel discounts. Lunch reservations must be made one day in advance (for reservations call (925) 931-5365).

2nd & 4th Mon \$10 first year/\$7 succeeding years

## Pleasanton VIP Travel Desk

The Pleasanton VIP Travel Desk offers day trips to locations throughout the Bay Area, as well as one-day Casino Trips. The VIP Travel Desk also offers extended domestic and international trips. Past trips include cruises and treks to Canada and Europe. Please visit the VIP Trip Desk at the Pleasanton Senior Center for informational flyers, or call (925) 931-5370.



# Exercise & Wellness

Ages 50 and up

## Zumba Gold

Zumba Gold, designed for adults 50 years of age and older, is an exciting and high-energy aerobic exercise, using Latin rhythms with easy-to-follow moves to create a dynamic fitness program. Routines feature fast and slow rhythms and music that are combined for aerobic endurance, muscle tone and flexibility. Pleasanton Senior Center | Instructor: Jenny Underwood

16 classes   \$64R/\$70N			
58988	Tu/ F	2/3-3/27	9:00-10:00am
14 classes   \$56R/\$62N			
58989	F/Tu	4/3-5/29	9:00-10:00am

Ages 18 and up

## Fit for Fifty Plus

A slower-paced exercise program geared for the mature adult/senior without the movement and mobility required in a more typical aerobic class. Designed to help those who want to be physically fit through easy movement, stretching, toning and balance.

Pleasanton Senior Center | Instructor: Katherine Bene

16 classes   \$56R/\$62N				
58990	Tu/F	2/3-3/27	10:15-11:15am	
58991	F/Tu	4/3-5/26*	10:15-11:15am	

\*No class on 4/7, 4/10

Ages 18 and up

## Line Dance—Beginning

Come join this fun, beginner line dance class, where you can unwind, meet new friends, and exercise! You will learn all the basic steps for each line dance. Steps are taught slowly and easily, and dances will be repeated until you are comfortable moving on. Good exercise, good music and good fun! No partner necessary.

Pleasanton Senior Center | Instructor: Sue Kraft

8 classes   \$32R/\$35N				
58982	F	2/6-3/27	1:30-2:45pm	
58983	F	4/10-5/29	1:30-2:45pm	

Ages 18 and up

## Line Dance—Intermediate

Learn classic Country Line Dancing as well as new line dances while having a great time. Each dance is repeated until everyone is comfortable and ready to move on to a new dance. Previously learned dances will also be reviewed and practiced at each class.

Pleasanton Senior Center | Instructor: Sue Kraft

8 classes   \$32R/\$35N				
58984	F	2/6-3/27	3:00-4:15pm	
58985	F	4/10-5/29	3:00-4:15pm	

Ages 18 and up

## Strength and Tone

This class is designed to develop every major muscle group in an efficiently-paced, hour-long workout. This is a total body strengthening and toning class that uses a variety of resistance options. Our Zumba Toning certified instructor uses dynamic resistance training resulting in muscle strength, increased bone density, and improved mobility, posture and coordination.

Pleasanton Senior Center | Instructor: Jenny Underwood

8 classes   \$32R/\$35N				
58992	W	2/4-3/25	9:00-10:00am	
58993	W	4/1-5/27*	9:00-10:00am	

\*No class on 5/12, 5/15, 5/19

Ages 18 and up

## Tai Chi—Beginning

Beginners will establish a foundation in Tai Chi fundamentals by learning the early moves of a Tai Chi set. Students can expect to encounter challenges during their exploration, both mental and physical, as their practice leads to improved coordination, flexibility, strength, balance and equanimity.

Pleasanton Senior Center | Instructor: Geoffrey Lee

15 classes   \$60R/\$66N				
58986	Tu	4/28-8/4	11:45am-1:00pm	

Ages 18 and up

## Tai Chi—Intermediate

Intermediate and advanced students will build on the foundation learned in the beginners' class by exploring the depths of the fundamentals as well as learning additional moves. Students can expect to encounter challenges during their exploration, both mental and physical, as their practice leads to improved coordination, flexibility, strength, balance and equanimity.

Pleasanton Senior Center | Instructor: Geoffrey Lee

15 classes   \$66R/\$66N				
58987	Tu	4/28-8/4	1:10-2:25pm	

Ages 18 and up

## Sharecare

Help yourself, your family, friends and even pets with simple hands-on techniques to enhance self-healing. You will learn the techniques and the science behind them to provide gentle healing support for everyone. This one day workshop teaches the basics of CranioSacral therapy. Study guide provided. The Healing Journey | Instructor: Kathy Lorenz

1 class   \$120R/\$132N				
58834	Sa	2/7	9:00am-4:00pm	

Ages 18 and up

## Yoga—All Levels

Focus the mind and strengthen the body in this all-levels Yoga class. Using Yoga poses and awareness of the breath you will experience increased flexibility, strength and balance, both on your mat and off. Each class incorporates balance postures, breathing techniques, and moving the body mindfully. Variations are offered to suit the needs of the student. Class will close with deep relaxation.

Pleasanton Senior Center | Instructor: Roberta Wilson

7 classes   \$42R/\$46N				
58996	Th	2/12-3/26	10:00-11:15am	
58997	Th	4/9-5/21	10:00-11:15am	

Ages 18 and up

## Yoga—Beginning

This level one class introduces methods to integrate body, mind and breath for total performance and health. This yoga class includes a warm up phase, an active work phase and a cool down phase. Each phase incorporates balance postures, breathing techniques, and moving the body mindfully. Class ends with deep relaxation.

Pleasanton Senior Center | Instructor: Roberta Wilson

7 classes   \$42R/\$46N				
58994	Tu	2/10-3/24	3:00-4:15pm	
58995	Tu	4/7-5/19	3:00-4:15pm	

## TRANSIT FAIR

**Tuesday, March 17, 2015**

10:00 am to 1:00 pm • Main Lobby

**Join us as we transform the Senior Center into a "Transit Center."**

Representatives from WHEELS, BART, Pleasanton Paratransit Service, Alameda County Transportation Commission, ACE Train and DMV will be on hand to provide you with the latest transit information and options.

*The Center's Sage Café will offer a special St. Patrick's Day corned beef lunch for \$3.00*

**To make a reservation, please call 931-5365 by Friday, March 13. Limit of 100 lunches**



# Information • Youth Tennis



**Pleasanton Tennis Park**  
**5801 Valley Avenue**  
**(925) 931-3449**

**Register:**

**www.lifetimetennis.com**

You can register in person at the Tennis Park or online. Please use a Lifetime Tennis registration form.

**Priority Registration (residents): Jan 6**

**Open Registration: Jan 20**

Please see page 46 for the City Refund Policy.

## SERVICES

Call us at the park or check out our website for the schedule, fees, and rules.

Reserve Court Time

Ball Machine Rental

Ping Pong

Tennis Birthday Parties

Private Lessons

## OFFICE AND COURT HOURS

Monday-Friday 8:00am-10:00pm

Saturday 8:00am-9:00pm

Sunday 8:00am-8:00pm

## OPEN PLAY COURT FEES- per 45 minutes

Adult: \$6.50R/\$9N

Youth: \$5.50R/\$8N

Mid-Day Deal:

Monday thru Friday, Noon-3:00 pm

\$5 per 45 minutes

## RAIN PROCEDURE

Staff will close the courts until they are playable. Call the park 30 minutes prior to your class or match time to check conditions. Makeups will be scheduled for lesson and league rainouts.

**Ages 4-6 | 5:1 Ratio**

## Little Tennis and Sports Development

Improve your coordination and motor skills while learning basic tennis strokes and games.

<b>12 classes   \$174R/\$191N</b>		
<b>11 classes   \$160R/\$176N*</b>		
M	3:30-4:15pm	3/30-6/15
Tu	10:15-11:00am	3/31-6/16
Tu	3:30-4:15pm	3/31-6/16
W	3:30-4:15pm	4/1-6/17
Th	10:15-11:00am	4/2-6/18
F	3:30-4:15pm	4/3-6/19
Sa	8:45-9:30am	4/4-6/20
Su	9:30-10:15am	4/12-6/21*
Su	5:45-6:30pm	4/12-6/21*

\*No class April 5

**Ages 7-15**

## Green, Blue, Red Program (GBR Program)

Develop your rallying skills and stroke technique in this multi-level introductory program. You will be first grouped by age and then by ability level.

**Ages 7-10 | 8:1 ratio classes**

<b>12 classes   \$216R/\$238N</b>		
<b>11 classes   \$198R/\$218N*</b>		
M	4:15-5:45pm	3/30-6/15
W	6:30-8:00pm	4/1-6/17
F	4:15-5:45pm	4/3-6/19
Sa	10:15-11:45am	4/4-6/20
Su	11:00am-12:30pm	4/12-6/21*

\*No class April 5

**Ages 11-15 | 8:1 ratio classes**

<b>12 classes   \$216R/\$238N</b>		
<b>11 classes   \$198R/\$218N*</b>		
Tu	6:30-8:00pm	3/31-6/16
Th	3:30-5:00pm	4/2-6/18
Sa	11:45am-1:15pm	4/4-6/20
Su	12:30-2:00pm	4/12-6/21*

\*No class April 5

**Ages 7-10 | 4:1 ratio classes**

<b>12 classes   \$402R/\$442N</b>		
<b>11 classes   \$369R/\$406N*</b>		
W	4:15-5:45pm	4/1-6/17
Sa	11:45am-1:15pm	4/4-6/20
Su	12:30-2:00pm	4/12-6/21*

\*No class April 5

**11-15 years old | 4:1 ratio classes**

<b>12 classes   \$402R/\$442N</b>		
<b>11 classes   \$369R/\$406N*</b>		
Sa	1:15-2:45pm	4/4-6/20
Su	11:00am-12:30pm	4/12-6/21*

\*No class April 5

**Ages 7-16 | 8:1 Ratio**

## Junior Development Program

You must first get a coaches' recommendation to find the right level for you in this 4-tiered program.

**Intro to Bronze**—you've graduated the GBR Program, it's time to polish your technique and gain more full court experience

<b>12 classes   \$241R/\$265N</b>		
<b>11 classes   \$221R/\$243N*</b>		
<b>6 classes   \$139R/\$153N</b>		
<b>Drop in   \$40R/\$45N</b>		
Th	3:30-5:00pm	4/2-6/18
Sa	2:45-4:15pm	4/4-6/20
Su	2:00-3:30pm	4/12-6/21*

\*No class April 5

<b>12 classes   \$325R/\$358N</b>		
<b>6 classes   \$187R/\$206N</b>		
<b>Drop in   \$54R/\$59N</b>		
F	5:45-8:00pm	4/3-6/19

**Bronze**—your technique is starting to become more reliable but you need to keep working on your overall consistency

<b>12 classes   \$241R/\$265N</b>		
<b>6 classes   \$139R/\$153N</b>		
<b>Drop in   \$40R/\$45N</b>		
Sa	4:15-5:45pm	4/4-6/20

<b>12 classes   \$325R/\$358N</b>		
<b>11 classes   \$298R/\$328N</b>		
<b>6 classes   \$187R/\$206N</b>		
<b>Drop in   \$54R/\$59N</b>		
F	5:45-8:00pm	4/3-6/19
Su	3:30-5:45pm	4/12-6/21*

\*No class April 5

**Silver**—you've started to become more successful in matches, now it's time to practice hitting your shots more aggressively and accurately

<b>12 classes- \$325R/\$358N</b>		
<b>6 classes- \$187R/\$206N</b>		
<b>Drop in- \$54R/\$59N</b>		
M	3:30-5:45pm	3/30-6/15
W	5:45-8:00pm	4/1-6/17
Sa	5:45-8:00pm	4/4-6/20



# Youth Tennis

**Gold**—become more comfortable using the different spins, placing your shots, and adding more variety to your game.

**12 classes | \$325R/\$358N**  
**11 classes | \$298R/\$328N\***  
**6 classes | \$187R/\$206N**  
**Drop in | \$54R/\$59N**

M	5:45-8:00pm	3/30-6/15
Su	3:30-5:45pm	4/12-6/21*

\*No class April 5

## Matchplay

Practice proper tennis etiquette, develop good sportsmanship, and build up your match confidence. Use the drills and apply the strategy you learned in practice. You must be enrolled in a Junior Development Program to participate.

**12 classes | \$127R/\$140N**  
**11 classes | \$116R/\$128N\***  
**Drop in | \$25R/\$28N**

F	8:00-9:30pm	4/3-6/19
Su	6:30-8:00pm	4/12-6/21*

\*No class April 5

## Ages 7-16

### NEW! Junior Development Drop-in Clinic

For players in the Junior Development Program, this clinic will focus on one specific topic each week. For example, one clinic will help you master the topspin forehand, or on another day you will concentrate on getting a kick serve. Check out the website or pro shop for the topic of the week. Space is limited to the first 8 players.

**\$7R/\$10N**

Su	5:45-6:30pm	4/12-6/21
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## Tournaments

For players in the Junior Development Program

**\$8R/\$11N**

### Easter Doubles Tournament

Monday 4/6—9:00am Registration  
 Deadline: 4/4

### Memorial Day Tournament

Monday 5/25—9:00am Registration  
 Deadline: 5/23



**Like us on Facebook:**  
**Pleasanton Lifetime Tennis**

## Tournament Training Program

Fulfill your potential, practice 2-3 times a week, and train for regular competition. You must be approved to join this program. For inquiries, please contact Tennis Director Aaron Wong, aaronw@lifetimetennis.com.

## Middle School League

Experience team tennis before high school. Tryouts are free and held at the Tennis Park. The season runs April 6 thru May 21.

**\$118R/\$130N**

### Tryouts

Pleasanton Middle School and Hart Middle School students:

Tu	3:30-5:00pm	March 17
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Harvest Park Middle School and non-Pleasanton school students:

W	3:30-5:00pm	March 18
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## 4-15 years old

### Youth Tennis Camps

March 23-27

March 30-April 3

April 6-April 10

Wear athletic clothing, non-marking soled shoes, and bring snacks and drinks.

**Little Tennis | 5:1 Ratio**—For 4-6 year olds, learn how to swing correctly and play games that test your coordination and motor skills. You can come all week or 3 days (M, W, F).

**5 days | \$316R/\$348N**  
**3 days | \$190R/\$209N**

M-F	9:30am-12:30pm	3/23-3/27
M-F	9:30am-12:30pm	3/30-4/3
M-F	9:30am-12:30pm	4/6-4/10

**Youth Improvement | 8:1 Ratio**—For 7-15 year olds, develop your rallying skills, discover all the tennis strokes, and set yourself up for good fundamentals. This camp is great for beginning to intermediate level players.

**5 days | \$193R/\$212N**

M-F	9:30am-12:30pm	3/23-3/27
M-F	9:30am-12:30pm	3/30-4/3
M-F	9:30am-12:30pm	4/6-4/10



## Junior Development | 8:1 Ratio—

Strengthen your technique, build up your fitness, and apply tennis strategy during the week. This camp is for players who can demonstrate strong technique and can put a match together. For new players, we recommend an evaluation before signing up.

**5 days | \$193R/\$212N**

M-F	9:30am-12:30pm	3/23-3/27
M-F	9:30am-12:30pm	3/30-4/3
M-F	9:30am-12:30pm	4/6-4/10

**Table Tennis | 8:1 Ratio**—For 7-15 year olds, increase your coordination, speed up your reaction time and strengthen your fundamentals. Beginning to intermediate level players are welcome.

**5 days | \$130R/\$143N**

M-F	1:00-3:00pm	3/23-3/27
M-F	1:00-3:00pm	3/30-4/3
M-F	1:00-3:00pm	4/6-4/10

**Sports and Activities | 8:1 Ratio**—For 7-15 year olds, use the entire Tennis Park as your playground for the week. Participate in both indoor and outdoor sports and games. A team leader will help organize your fun, eclectic week.

**5 Days | \$98R/\$108N**

M-F	3:30-5:00pm	3/23-3/27
M-F	3:30-5:00pm	3/30-4/3
M-F	3:30-5:00pm	4/6-4/10

**All-Day Camp Bundle**—Spend your week at the Tennis Park.

9:30am-12:30pm Tennis  
 12:30-1:00pm Lunch  
 1:00-3:00pm Table Tennis  
 3:00-3:30pm Snack Break  
 3:30-5:00pm Sports and Activities

**5 Days | \$348R/\$383N**

M-F	9:30am-5:00pm	3/23-3/27
M-F	9:30am-5:00pm	3/30-4/3
M-F	9:30am-5:00pm	4/6-4/10

**Early Bird and Late Bird Care**—For early drop off and/or late pick up  
 8:30am Drop off  
 6:00pm Pick up

**\$6 per child per day**  
**\$22 per child per week**  
**\$40 per child per week for both early and late bird (for All-Day Campers)**

# Adult Tennis



Ages 16 and above | 8:1 Ratio

## Beginners

Learn the basic strokes and develop your rallying skills.

12 classes   \$216R/\$238N 11 classes   \$198R/\$218N*		
M	6:30-8:00pm	3/30-6/15
W	9:30-11:00am	4/1-6/17
F	8:45-10:15am	4/3-6/19
Su	8:00-9:30am	4/12-6/21*
Su	2:00-3:30pm	4/12-6/21*

\*No class April 5

12 classes   \$161R/\$177N		
M	12:30-1:15pm	3/30-6/15

## Advanced Beginners

Work on shot placement, improve your footwork, and strengthen your technique. At least 6 months of formal tennis instruction is recommended before signing up.

12 classes- \$216R/\$238N 11 classes- \$198R/\$218N*		
M	8:45-10:15am	3/30-6/15
Th	6:30-8:00pm	4/2-6/18
Su	9:30-11:00am	4/12-6/21*

\*No class April 5

12 classes- \$161R/\$177N		
M	12:30-1:15pm	3/30-6/15

## Intermediate

Train for your matches and drill basic match strategy. We recommend that you are able to sustain a full court rally before joining this level.

12 classes   \$216R/\$238N		
Tu	8:45-10:15am	3/31-6/16
W	6:30-8:00pm	4/1-6/17
Th	10:15-11:45am	4/2-6/18
F	10:15-11:45am	4/3-6/19
Sa	8:00-9:30am	4/4-6/20
12 classes   \$161R/\$177N		
Tu	11:45am-12:30pm	3/31-6/16

## Advanced

Strengthen your serve and net play, add pace to your shots, and develop tactics to use in your matches. An NTRP rating of at least 3.5 is recommended to join this level.

12 classes   \$216R/\$238N		
Tu	6:30-8:00pm	3/31-6/16
Th	8:45-10:15am	4/2-6/18
Sa	10:15-11:45am	4/4-6/20

## Thursday Night Clinic

For Intermediate to Advanced players who can't commit to a full session, this clinic works on one specific topic each week. You can drop-in or pre-register but space is limited to the first 8 players.

\$15R/\$18N per clinic		
Th	6:30-8:00pm	4/2-6/18

## Women's Academy

Increase your confidence and improve your match results in this program designed for recreational and USTA league players.

8 classes   \$168R/\$185N		
3.5+ W	9:30-11:00am	4/8-5/27
3.0 M	10:15-11:45am	4/6-6/1*

\*No class 5/25

## Cardio Tennis

Get your heart rate up and stay fit through drills and footwork exercises. Open to all playing levels.

12 classes   \$111R/\$122N 11 classes   \$102R/\$112N*		
M	5:45-6:30pm	3/30-6/15
Tu	12:30-1:15pm	3/31-6/16
Th	12:30-1:15pm	4/2-6/18
Sa	9:30-10:15am	4/4-6/20
Su	5:45-6:30pm	4/12-6/21*

\*No class April 5

Ages 15+

## R.A.D.D. Tennis

Recreational tennis for the developmentally disabled. See page 23 for details.

## Adult Tennis Camp

8:1 Ratio—Train for your upcoming league season and competition. Recommended level: 3.0 and above.

3 classes   \$50R/\$55N		
Tu-Th	9:30-11:00am or 8:00-9:30pm	3/17-3/19

Ages 18 and up

## Adult Recreational Leagues

Socialize and get to know players through friendly competition.

### Ladies' Doubles-Rotating Partners

8 matches   \$60R/\$66N 10 matches   \$75R/\$83N			
2.5	M	4/13-6/8*	9:00-11:00am
3.0	Th	4/9-6/11	9:00-11:00am
3.5	Tu	4/7-6/9	9:00-11:00am
3.5	F	4/10-6/12	9:00-11:00am

\*No league Monday, April 6 and May 25

### Men's Doubles-Rotating Partners

11 matches   \$83R/\$91N			
3.0	Th	4/2-6/11	8:00-10:00pm
3.5	W	4/1-6/10	8:00-10:00pm
4.0	Th	4/2-6/11	8:00-10:00pm

### Mixed Doubles—Rotating Partners

11 matches   \$83R/\$91N			
3.0	Tu	3/31-6/9	8:00-10:00pm
4.0	Tu	3/31-6/9	8:00-10:00pm

### Mixed Doubles—Permanent Partners (must sign up as a team)

10 matches   \$150R/\$158R&N/\$166N			
3.5	M	3/30-6/8*	8:00-10:00pm
4.0	M	3/30-6/8*	8:00-10:00pm

\*No league Monday, May 25





## CALLIPPE PRESERVE GOLF COURSE

8500 Clubhouse Drive • [www.playcallippe.com](http://www.playcallippe.com) • 925.426.6666

### Spring 2015 Golf Instruction Programs

**Note:** Registration for all golf activities is conducted at the Golf Course.

Do not use the registration form in this Activities Guide.

### Beginning Fundamentals

#### Thursdays—Noon-1:00pm

2/5-3/5    3/19-4/16    4/30-5/28

#### Saturdays—Noon-1:00pm

2/7-3/7    3/21-4/18    5/2-5/30

### Junior Intro to Fundamentals

#### Thursdays—3:30-4:30pm

2/5-3/5    3/19-4/16    4/30-5/28

#### Saturdays—2:00-3:00pm

2/7-3/7    3/21-4/18    5/2-5/30

### Beginning Fundamentals

#### Ages 16 and up

This class focuses on the basic fundamentals that players rely on for overall swing stability. Different basic shots needed to play a round of golf, from putting to driving, will be discussed. This is a good class, whether you've had no instruction, little instruction, or are fairly experienced.

### Junior Intro to Fundamentals

#### Ages 7-15

This class is for youngsters who have not had much golf instruction. Basic fundamentals are covered in a fun way for younger kids to understand. Through consistent repetition, students will receive a solid foundation for practicing and playing the game.

### About the Classes

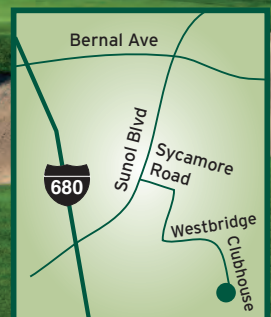
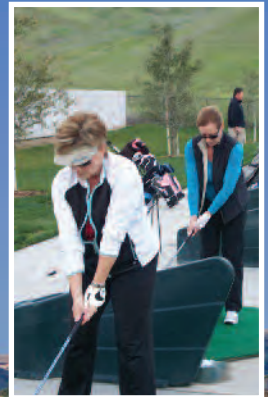
Each class consists of five 1-hour sessions taught by PGA Class A Head Professional Jake Saito and Assistant Golf Professional Scott Gregory, and will have between 6 and 10 students. Practice balls and golf clubs are provided. Students should wear athletic shoes and appropriate attire for current weather conditions.

#### Program Prices

**Junior** \$90R/\$100N

**Adult** \$120R/\$150N

All lessons will take place at the Callippe Preserve Golf Course. Registrations and fees are processed at the Golf Course and must be submitted at least one week prior to the start of the session. Due to the 6-student minimum class size, some classes may be rescheduled at the discretion of the Golf Professional. Seasonally, some classes may be postponed due to inclement weather.



Parks Amenities Guide

Legend: C–Community N–Neighborhood U–Undeveloped

# Parks Amenities Guide

Legend: C–Community N–Neighborhood U–Undeveloped

Map	Location/Park Name	Address	Type	Acres	Bocce Ball	Barbeque Pit	Baseball Field	Basketball Court(s)	BMX Track	Dog Park	Exercise Course	Golf Course	Group Picnic	Horseshoes	Inline Skate Park	Picnic Tables	Public Art	Restroom(s)	Roller Hockey Rink	Skateboard Park	Soccer Field(s)	Softball Field(s)	Swimming Pool	Tennis Courts	Tot Play Area	Trails/Open Space	Volleyball/Sport Ct.	Waterplay Area	Youth Play Area
1.	Alviso Adobe Comm. Park	3465 Old Foothill Rd	C	7												●		●							●				
2.	Amador Valley Comm. Park	4301 Black Ave.	C	23.5		●							●	●		●	●	●			●	●	●		●				●
3.	Amaral Park	3400 Dennis Dr.	N	5		●	●									●								●					●
4.	Augustin Bernal Park	8200 Golden Eagle Way	C	237												●		●							●				
5.	Bernal Community Park	7001 Pleasanton Ave.	C	13		●	●									●		●						●					●
6.	Bicentennial Park	2401 Santa Rita Rd.	N	2.6																									
7.	BMX Track	3320 Stanley Blvd.	N/A	3.65				●								●		●											
N.	Callippe Preserve Golf	8500 Clubhouse Dr.	N/A	425								●						●								●			
8.	Centennial Park	5353 Sunol Blvd.	C	5.7	●	●				●					●	●													
9.	Civic Park	100 Main St.	N	.7												●	●												
10.	Creekside Park	5601 W. Las Positas	N	6.6		●		●								●		●				●			●		●		●
11.	Del Prado Park	6701 Hansen Drive	N	5				●								●									●				●
12.	Delucchi Park	4501 First Street	N	.7		●										●		●							●				
13.	Fairlands Park	4100 Churchill Dr.	N	13.8												●							●	●					
14.	Fawn Hills Park	1510 West Lagoon Rd.	N	5		●		●								●								●					
15.	Hansen Park	5697 Black Ave.	N	6.2		●	●	●								●								●					●
16.	Harvest Park	1401 Harvest Rd.	N	1.6												●									●				●
17.	Heatherlark Park	5700 Northway Rd.	N	.8												●								●					
18.	Ken Mercer Sports Park	5800 Parkside Dr.	C	103		●	●	●				●				●		●		●	●	●		●		●		●	
19.	Kottinger Comm. Park	1000 Kottinger Rd.	C	14.5		●										●	●			●	●	●			●		●		
20.	Kottinger Village Park	4100 Vineyard Ave.	N	4.9				●								●								●					●
21A.	Laurel Creek Park	5875 Laurel Creek Dr.	N	7.3												●									●				
21B.	The Preserve Staging Area	5850 Laurel Creek Dr.	N/A	.56														●							●				
22.	Lions Wayside Park	4401 First St.	N	.7		●										●													
23.	McKinley Park	519 Kottinger Dr.	N	5.3												●													
24.	Meadowlark Park	8200 Regency Dr.	N	4.3		●		●								●								●		●			●
25.	Meadows Park	3301 W. Las Positas	N	5		●		●								●								●		●			●
26.	Mission Hills Park	600 Junipero	N	8.5		●		●		●						●								●					●
27.	Moller Park	5500 Pleasant Hill Rd.	N	7.7		●										●								●					●
28.	Muirwood Comm. Park	4701 Muirwood Dr.	C	13.9		●		●	●							●		●			●		●	●	●				●
29.	Nielsen Park	3755 Stoneridge	N	5.7		●		●								●					●			●					●
30.	Oakhill Park	4100 Muirwood Dr.	N	3.9												●								●					●
31.	Orloff Park	1800 Santa Rita Rd.	N	8				●		●						●					●			●					●
32.	Owens Plaza Park	5700 Owens Dr.	N	3		●										●								●					●
33.	Rotary Park	890 Main St.	N	.73													●												
34.	Stoneridge Creek Neighborhood Park	3200 Stoneridge Creek Wy.	N	5												●		●					●						
35.	Sutter Gate Park	4801 Sutter Gate Ave.	N	2.7												●								●					●
36.	Tawny Park	400 Tawny Dr.	N	3.9				●								●					●			●					●
37.	Tennis & Community Park	5801 Valley Ave.	C	15		●		●								●		●					●	●	●	●	●		●
38.	Upper Pleasanton Field	4645 Bernal Ave.	N	3			●									●					●	●			●				●
39.	Valley Trails Park	3400 National Park Rd.	N	6.1				●								●								●					●
40.	Val Vista Community Park	7350 Johnson Dr.	C	24		●	●					●		●	●	●	●	●	●	●	●			●			●		●
41.	Veterans Plaza	550 Peters Ave.	N	.5																				●					
42.	Vintage Hills Park	3301 Arbor Dr.	N	4		●										●								●					●
43.	Walnut Grove Park	5150 Northway Rd.	N	3.5		●										●								●					
44.	Woodthrush Park	5099 Woodthrush Rd.	N	3.5																									



# Parks & Facilities Map



## Facilities

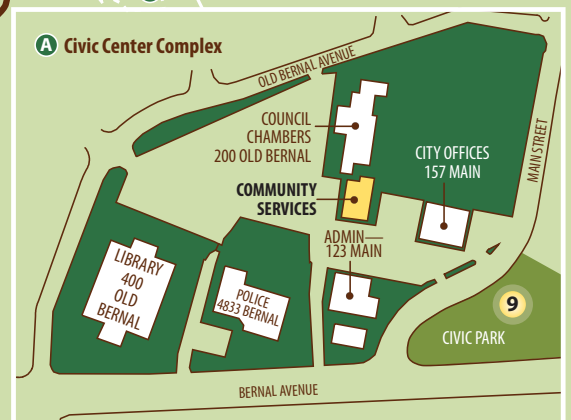
<b>A. Civic Center Complex:</b>	
<b>Community Services</b>	200 Old Bernal Avenue
City Hall	157 Main Street
Library	400 Old Bernal Avenue
Police Department	4833 Bernal Avenue
<b>B. Amador Recreation Center</b>	4455 Black Avenue
<b>C. Amador Theater</b>	1155 Santa Rita Road
<b>D. Century House</b>	2401 Santa Rita Road
<b>E. Cultural Arts Center</b>	4477 Black Avenue
<b>F. Dolores Bengtson Aquatic Center</b>	4455 Black Avenue
<b>G. Gingerbread Preschool</b>	4433 Black Avenue
<b>H. Nature House</b>	519 Kottlinger Drive
<b>I. Pleasanton Senior Center</b>	5353 Sunol Boulevard
<b>J. Firehouse Arts Center</b>	4444 Railroad Avenue
<b>K. Softball Fieldhouse</b>	5800 Parkside Drive
<b>L. Tennis Complex</b>	5801 Valley Avenue
<b>M. Veterans Memorial Building</b>	301 Main Street
<b>N. Callippe Preserve Golf Course</b>	8500 Clubhouse Drive
<b>O. Pleasanton Pioneer Cemetery</b>	5780 Sunol Boulevard

## Trails

T1. Alamo Trail	2.5 miles
T2. Arroyo Del Valley Trail	1.7 miles
T3. Arroyo Mocho Trail	2.9 miles
T4. Augustin Bernal Trail	3.48 miles
T5. Bernal Trail	1 mile
T6. Callippe Preserve Trail	3.1 miles
T7. Iron Horse Trail	2.7 miles
T8. Marilyn Murphy Kane Trail	1.1 miles
T9. Moller Trail	1.46 miles
T10. The Preserve Area Trails	1.84 miles

## Gymnasiums

G1 Harvest Park Middle School	4900 Valley Avenue
G2 Pleasanton Middle School	5001 Case Avenue
G3 Thomas A. Hart Middle School	4433 Willow Road



## Tennis Courts

N1 Muirwood Park	(4 courts)
N2 Fairlands Park	(2 courts)
N3 Tennis & Community Park	(10 lighted courts)
N4 Pleasanton Middle School	(2 lighted courts)

## Register Online: [www.pleasantonfun.com](http://www.pleasantonfun.com)

### Priority Registration

#### Online (Residents only)

Beginning at 8:00am on  
**Tuesday, January 6, 2015**

***First opportunity to register!***

Plan ahead and visit the City's registration website to request a customer log-in name and password, at least 72 hours prior to registration. Forgot your customer log-in name and password? Please contact the Community Services Department at 931-5340 for assistance.

#### Mail-In (Residents only)

Beginning at 8:00am on  
**Tuesday, January 13, 2015**

*(Faxes are NOT accepted)*

Make checks payable to:

City of Pleasanton

Mail to: Registration

City of Pleasanton

P.O. Box 520

Pleasanton, CA 94566

Attn: Community Services

### Open Registration

#### Walk-in & Non-Resident

Beginning at 8:00am on  
**Tuesday, January 20, 2015**

*(Faxes are NOT accepted)*

#### Walk-in Registration

Available at the following locations during posted business hours:

- Community Services Administrative Office
- Dolores Bengtson Aquatic Center
- Gingerbread Preschool
- Pleasanton Senior Center

### General Information

- Registration for all tennis activities is conducted at the Pleasanton Tennis and Community Park, 5801 Valley Avenue, [www.lifetimetennis.com](http://www.lifetimetennis.com) or 931-3449.
- Registration for all golf activities is conducted at the Callippe Preserve Golf Course, 8500 Clubhouse Drive. For more information, 426-6666 or [www.playcallippe.com](http://www.playcallippe.com).
- Non-resident mail-in registrations sent before scheduled registration dates will be held and processed prior to the beginning of "Open Registration".
- It is the parent's/guardian's or the participant's responsibility to notify the City of Pleasanton in advance of any reasonable accommodations necessary to participate in the class(es) or program(s) described in this guide. Call 931-5340 for assistance.

### Refund Policy

- A full refund will be given when notice is received by the Community Services Department at least ten (10) days prior to the start of the class or program.
- Refund requests received at least five (5) days prior to the start of the class or program will be assessed a \$5 administrative fee, per class/program.
- No refunds will be issued for requests received less than five (5) days prior to the start of the class or program.
- Full refunds will be granted if the class or program is cancelled by the Department.
- No refunds given for non-attendance, one-day workshops or material/supply fees.

## Fee Assistance Program



## Did you know?

The Community Services Fee Assistance Program provides services and activities for low income families and seniors living in Pleasanton. Last year your generous donations helped make the following possible:

- 57 seniors received discounted rides on the Paratransit Bus and were able to participate in activities at the Pleasanton Senior Center.
- 68 families received discounts for swim lessons, exercise classes and other activities sponsored by the City of Pleasanton

For information about receiving fee assistance, go to the Community Services website at:

**[www.cityofpleasantonca.gov/depts/cs/fees.asp](http://www.cityofpleasantonca.gov/depts/cs/fees.asp)**

To donate to this vital program, simply include any donation amount on the Registration Form or add **Code 59267** (\$5 donation) when you checkout during online registration.

**For more information, call Community Services (925) 931-5340 or the Senior Center (925) 931-5365**



# How to Register

**City of Pleasanton  
Community Services  
P.O. Box 520  
Pleasanton, CA 94566  
Registration Form**

See previous  
page for Registration  
Information



Register with your Visa or MasterCard  
at [www.pleasantonfun.com](http://www.pleasantonfun.com)

**Please limit registration form to family members  
living in the same household only!**

## Refund Policy—Please read!

Withdrawals and Transfers: If you wish to drop a class or transfer to another session, call us at least *10 days* before the start date for a refund or credit. Choose your classes carefully. No refunds for non-attendance, one-day workshops or materials/supply fees.

**NO FAXES ACCEPTED!**

Parent/Guardian \_\_\_\_\_ ☐ Resident\* ☐ Nonresident \*Individuals residing within the City of Pleasanton property tax limits.

Home Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Ph. \_\_\_\_\_ Cell Ph. \_\_\_\_\_ E-mail Address \_\_\_\_\_

Participant Name	Date of Birth (under 18)	Male/ Female	Activity Code	Activity	Fee
<b>SAMPLE</b> Sadie Pavlakis	8/9/14	F	59055	LTS – Preschool	\$52–
Yes, I'd like to donate to the Community Services Fee Assistance Program (See page 46 for details)					\$
Total					\$

Waiver, Release and Assumption of Risk: The City of Pleasanton is sponsoring the following activity \_\_\_\_\_. My (My child's) participation in this activity is voluntary. I am (My child is) physically fit to participate in this activity. I understand that this activity involves risks and that serious injuries could occur while I am (my child is) participating in this activity. In addition, if transportation is provided by City during the activity, serious injuries could occur. Knowing these risks, I want (my child) to participate in this activity. I (on behalf of my child) hereby assume the risk, and hereby waive, release and discharge the City of Pleasanton, its Council, officials, employees, volunteers, instructors, agents, sponsors and promoters of this activity, from any and all claims for damages for personal injuries or death, or claims for damages to property, which I (my child) or my (child's) heirs, assigns, executors or administrators may have or which may accrue to my (child's) participation in this activity, including transportation provided during the activity as applicable. I have read the above and understand that important legal rights are being waived.

I consent to the City's use of any photographs that are taken of me (my child) while participating in the City's programs for use in the City's promotions and publications in print and on the World Wide Web (Internet). No payment will be made for use of these photographs.

If you do not want you or your child(ren) photographed or videotaped while participating in a City recreation class or activity for the use in City publications, please contact the Community Services office at (925) 931-5340, to request an "Opt Out of Photo" form to be completed at least two weeks prior to the start of you or your child(s) class.

Name of Participant: \_\_\_\_\_ Signature Required: \_\_\_\_\_

Parent/Guardian, if under 18: \_\_\_\_\_

Date: \_\_\_\_\_ Check Enclosed: Total Amount \$ \_\_\_\_\_ **Make Check Payable to: City of Pleasanton**

☐ Visa ☐ MasterCard Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp \_\_\_\_\_ / \_\_\_\_\_

Total Amount \$ \_\_\_\_\_ Card Holder Signature \_\_\_\_\_

## City Commissions

Meet in City Council Chambers, 200 Old Bernal Avenue, or otherwise noted

### Civic Arts Commission

Sandra Jellison • John Loll • Heidi Massie  
Ray Helm • Sara Nealy • Olivia Scrivner  
John Steenman • Stephanie Wedge  
Judy Wheeler

7:00pm 1st Monday

### Housing Commission

John Casey • Barry Cass • Nita DenHoy  
Daniel Mermelstein • Ann Welsh

7:00pm 3rd Thursday

### Human Services Commission

Varsha Clare • Susan Hayes  
Prashant Jhanwar • David Nagler  
Brock Roby • Theresa Rowland  
Rosiland Wright • Alison Boswell

7:00pm 1st Wednesday

### Library Commission

Traci Cook • Kelly Cousins • Tracy Dunne  
Gene Litvinoff • Joan Nibert  
Ria Vyas • James Woodwell

7:00pm 2nd Thursday, Pleasanton Library

### Planning Commission

Nancy Allen • Jack Balch  
Greg O'Connor • Gina Piper  
Herb Ritter

7:00pm 2nd and 4th Wednesday

### Youth Commission

Elise Alari • Russell Ambrosiewicz  
Kimberly Chew • Louisa Du Bose  
Lori Franklin • Saira Grewal  
Adrin Lo • Neha Nirkondar  
Avni Patel • Jonathan Pearce  
Alex Rigl • Meghna Sinha

7:00pm 2nd Wednesday, September-May  
3333 Busch Road, Operations Service Center



## Local Sports Groups

For information regarding registration, coaches, rain-outs or other pertinent information, please contact the organizations listed below or visit the City website at [www.pleasantonsports.org](http://www.pleasantonsports.org).

### Boys Soccer (BUSC)

[www.busc.org](http://www.busc.org)

### Girls Soccer (PGSA/RAGE)

[www.pleasantonrage.org](http://www.pleasantonrage.org)

### E-Soccer

[www.e-soccer.org](http://www.e-soccer.org)

### Adult Soccer (PASS)

[www.pleasantonadultsoccer.com](http://www.pleasantonadultsoccer.com)

### Pleasanton Junior Football (PJFL)

[www.pjfl.com](http://www.pjfl.com)

### Girls Softball (PGSL)

[www.pleasantonsoftball.org](http://www.pleasantonsoftball.org)

### American Little League (PALL)

[www.pleasantonamerican.com](http://www.pleasantonamerican.com)

### National Little League

[www.pleasantonnational.org](http://www.pleasantonnational.org)

### Foothill Little League (PFL)

[www.pflonline.org](http://www.pflonline.org)

### Girls Golf (LPGA-USGA)

[ptownputter@comcast.net](mailto:ptownputter@comcast.net)

### Pleasanton Lacrosse Club (PLC)

[www.pleasantonlacrosse.com](http://www.pleasantonlacrosse.com)

### Pleasanton Girls Lacrosse Club (PGLC)

[www.pleasantongirlslacrosse.com](http://www.pleasantongirlslacrosse.com)

### Radio Control Glider Club

846-8617

### Seahawks USS Swim Team

[www.pleasantonseahawks.org](http://www.pleasantonseahawks.org)

### Special Olympics Sports

[www.specialolympics.org](http://www.specialolympics.org)

### Tri Valley Masters Swim Team

[www.trivalleymasters.com](http://www.trivalleymasters.com)

### Youth Volleyball

[www.clubvipvbc.com](http://www.clubvipvbc.com)

### Sports Field Weather Line

931-5360 | [www.pleasantonsports.org](http://www.pleasantonsports.org)

### Callippe Preserve Golf Course

[www.playcallippe.com](http://www.playcallippe.com)

### Lifetime Tennis

931-3449 | [www.lifetimetennis.com](http://www.lifetimetennis.com)

## Local Arts Groups

### Amador Livermore Valley Historical Society and Museum on Main

462-2766 | [www.museumonmain.org](http://www.museumonmain.org)

### Amador Valley Quilters

[www.amadorvalleyquilters.org](http://www.amadorvalleyquilters.org)

### Bay Area Metro Chorus (Men)

443-SING

### Cantabella Children's Chorus

[www.cantabella.org](http://www.cantabella.org)

### CWC Tri-Valley Writers

[www.trivalleywriters.org](http://www.trivalleywriters.org)

### Harmony Fusion (Chorus)

846-1857 | [www.harmonyfusion.org](http://www.harmonyfusion.org)

### Livermore-Amador Genealogical Society

[www.L-AGS.org](http://www.L-AGS.org)

### Livermore Amador Symphony

[www.livamsymph.org](http://www.livamsymph.org)

### Livermore Valley Opera

[www.livermorevalleyopera.com](http://www.livermorevalleyopera.com)

### Pacific Chamber Symphony

484-0839 | email: [cponca@aol.com](mailto:cponca@aol.com)

### Pleasanton Art League

[www.pal-art.com](http://www.pal-art.com)

### Pleasanton Community Concert Band

[www.pleasantonband.org](http://www.pleasantonband.org)

### Pleasanton Cultural Arts Council

931-1111 | [www.pleasantonarts.org](http://www.pleasantonarts.org)

### Pleasanton Cultural Arts Foundation

846-1007 | [www.pleasantonartsfoundation.org](http://www.pleasantonartsfoundation.org)

### SF Shakespeare

[www.sfshakes.org](http://www.sfshakes.org)

### Tri-Valley Repertory Theater

[www.trivalleyrep.com](http://www.trivalleyrep.com)

### Tri-Valley Woodcarvers

846-5011

### Valley Concert Chorale

[www.valleyconcertchorale.org](http://www.valleyconcertchorale.org)

### Valley Dance Theatre

[www.valleydancetheatre.com](http://www.valleydancetheatre.com)

### Valley Shakespeare Festival

556-9624



City offices will be  
closed in observance of:  
President's Day, Monday, 2/16  
Memorial Day, Monday, 5/25



# Facility and Picnic Reservations

The City of Pleasanton offers several indoor and outdoor facilities to rent for your family, business, or group celebrations and meetings. Detailed rental information including rates and requirements can be found at [www.pleasantonfacilities.com](http://www.pleasantonfacilities.com).



Left to right: Veterans Memorial Building, Senior Center, Amador Recreation Center, Veterans Memorial Building

## LARGE EVENT SITES

- The Senior Center is the City's largest event hall with a capacity of 330. The facility offers a catering kitchen, outdoor patio area, and plenty of parking. The Centennial Community Park, the perfect site for an outdoor wedding ceremony, sits adjacent to the facility's main hall.
- The Veterans Memorial Building is a Spanish revival-style facility located in the heart of Downtown Pleasanton. Features include a catering kitchen and seating for 220.



Left to right: Amador Valley Picnic Area, Val Vista Picnic Area, Senior Center Meeting Room, Cultural Arts Center

## PICNIC AREAS

- Amador Valley Community Park (Capacity 200)
- Sports and Recreation Park (Capacity 200)
- Val Vista Community Park (Capacity 250)

Picnic sites can be reserved and are adjacent to youth play areas and restrooms.

## SMALL EVENT SITES

- The Amador Recreation Center has a capacity of 125 (about 75 inside and 50 outside). This facility consists of one large room, a small kitchen, fenced patio area with lawn and BBQ.

## MEETING ROOMS

- Cultural Arts Center (Capacity 49)
- Senior Center Classroom (Capacity 50)\*
- Senior Center Meeting Room (Capacity 25)\*

\*Senior Center Rooms are available evenings and weekends only.





**Volunteers Needed:**  
The Sage Cafe is looking for friendly, energetic individuals to assist with the daily lunch program, weekdays, 10:30am-1:30pm



JOIN US

Sage Cafe

**Savory ~ Healthy ~ Choices**

The Pleasanton Senior Center provides daily lunch service Monday–Friday, 11:45am–1:00pm. Dining options include soup, salad, and your choice of sandwich or hot entrée.

The cost is \$3.00 per meal and reservations are recommended.

A meal pass (10 meals) can be purchased at the Senior Center Front Desk for \$30.00

**Call 931-5365 for reservations or to volunteer at the Sage Café**

Congregate meal program is a partnership between Open Heart Kitchen and the City of Pleasanton



Live. Work. Play.

Your link to all things Pleasanton

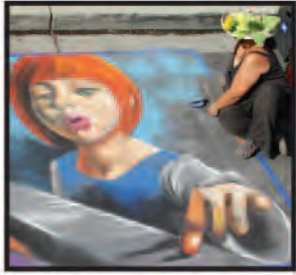
**Ptownlife.org** provides Pleasanton families with information about your community. Find out what's going on in the community calendar, get outdoors with our parks and recreation guide, find resources, and view youth jobs and volunteer opportunities.



Follow us @ptownlife







**Saturday, May 9<sup>th</sup> from 9am-4pm**

Celebrate all the arts with us by watching, listening, touching and doing!

- Professional and Emerging Street Chalk Artists
- Kids and Family Chalk the Walk Section
- Arts & Crafts For Sale
- Rangoli Sand Art
- Artful Bouquets at The Harrington Gallery
- Painted Pianos & Take A Seat Poetry Chairs
- Live Performances
- Live Art Demos
- Face Painting from Lime Light Faces
- Cash Prizes for Emerging Artists



[www.The-Big-Draw.com](http://www.The-Big-Draw.com) ~ 925-200-3180 ~ On Division & Railroad Sts, Downtown Pleasanton



# 75<sup>TH</sup> ANNUAL PLEASANTON ROSE SHOW



**SATURDAY, MAY 9, 2015**

**PLEASANTON SENIOR CENTER**  
5353 SUNOL BOULEVARD

EXHIBITORS REGISTRATION:	8:00AM-10:00AM
JUDGING:	10:00AM-12:30PM
SHOW OPENS:	2:00PM-5:00PM
AWARDS CEREMONY:	2:30PM

FOR MORE INFORMATION,  
PLEASE CALL THE ALAIN PINEL OFFICE AND ASK FOR  
LESLIE, JOYCE OR MARTI AT (925) 251-1111

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# NEW & IMPROVED ONLINE EXPERIENCE



[www.cityofpleasantonca.gov](http://www.cityofpleasantonca.gov)



### Streamlined Web Services

Provides quick access to services and information, as well as transaction buttons for your business needs



### Expanded Community Calendar

Expanded calendar will provide up-to-date information about community events



### User Responsive Design

Features a contemporary new look that is optimized for all devices and browsers, to provide the best user experience



### Central Information Hub

Access to departmental FAQ's, a full staff directory, integration with social media outlets and much more